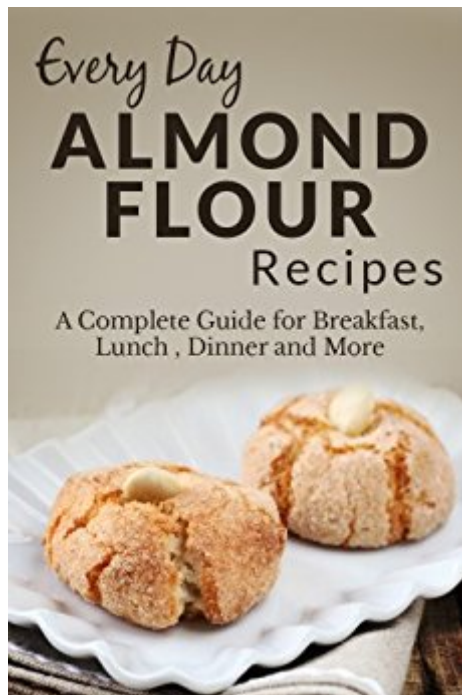


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# Almond Flour Recipes: The Complete Guide For Breakfast, Lunch, Dinner And More (Everyday Recipes Book 5)



## Synopsis

The almond is conventionally used as a topping by being slivered or cut up to serve on top of dishes. However, a recent trend has emerged with the rise in gluten allergies, gluten sensitivities, low carbohydrate diets, or the recent health implications of bleached or processed flours which has led to a gap in many people's diets. To fill this gap, grinding up almonds results in almond flour that can be used to replace bleached or processed flour for whatever reason it needs to be replaced. With the Every Day Almond Flour Recipes book, beginners can be taken through a few common recipes and a few exotic recipes that can broaden their skills when cooking or baking with almond flour. With health benefits including protein content, fiber content, and a low glycemic impact, almond flour is a great alternative to use instead of wheat flour. Be confident in your ability to use almond flour after reading Every Day Almond Flour Recipes.

## Book Information

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## Customer Reviews

Almond flour has been the best substitute for most of my baking needs while keeping my diet level. A lot of these recipes are awesome desserts that you can take to dinner parties or enjoy on a

lazy afternoon. Highly recommended to expand the kitchen ingredients used.

You are mixing apples & oranges my friend. Glycemic load and glycemic index are two very different things. This tells me that you are not very knowledgeable about how food affects the body. Therefore, you should stick with writing recipes and leave the "science" for other people to write about. There is nothing worse than spreading MISinformation.

There are about 10 recipes specific to almond flour. The rest of the recipes are the sort where you simply substitute almond flour for regular flour as a coating or binding. The price, however, is right, and the ten recipes are quite attractive. The other recipes are basically from the Paleo Diet, which I am interested in, and the background information is good.

I love learning new things and "playing with new toys" . I have been gradually converting traditional recipes to dishes that are healthier. and I have found success one recipe at a time. I look forward to adding almond flour to my arsenal.

A great variety of different almond recipes that are not only healthy, but also open your eyes to the vast array of possibilities to make almond a perfect complement to a whole host of dishes. Highly recommend for anyone wanting to add the perfect taste to their meals.

This book has great recipes. Pancakes, muffins, fish sticks, chicken fingers. A lot of the recipes are pretty simple (great for people like me who aren't big on cooking) and the couple I've tried tasted great.

I like that I got the book while it was free. I like the few ideas for things I had to give up. However, I found that at least 1 recipe ~ the Cinnamon Doughnuts ~ for the ingredients, 2 items are missing the measured amount :( Otherwise, I'm happy with it.

I enjoyed reading this book, because I found out different tricks concerning the way to use almond flour and adapted them to my own recipes. Getting this information helped me to prepare more tasty rice and almond cakes. Thank you!

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