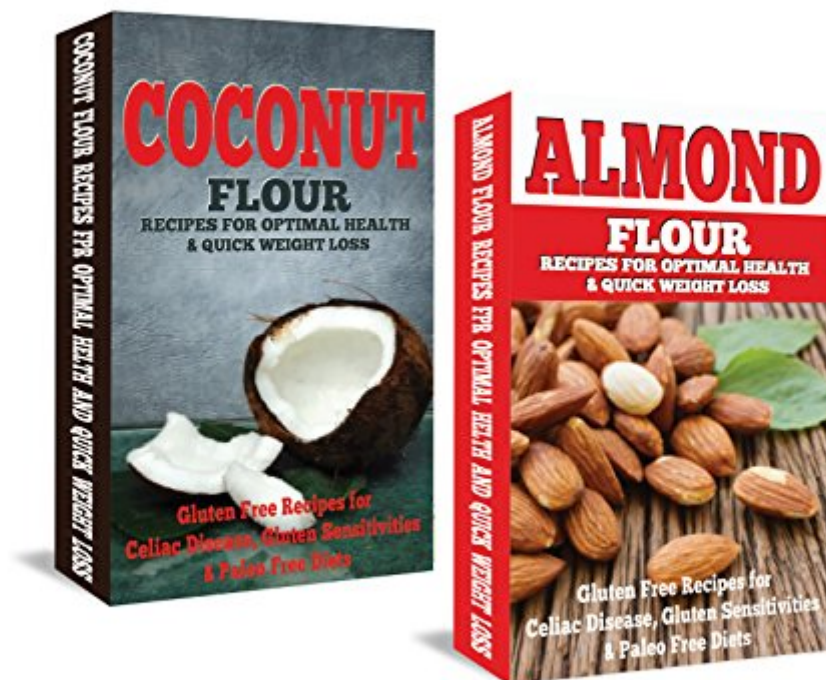


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Synopsis

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Customer Reviews

Gluten Free or not this book offers up some interesting variables to time tested recipes. The Paleo Banana Bread and Potato Pancakes were delicious. Have not attempted other recipes but the almond flour brings a certain variance worth trying. My point is if you are looking for Gluten Free this book certainly offers you the opportunity and if you are not worried about Gluten it still makes for interesting recipes. Clearly the book gives you the nutrient values of almond flour and the recipes bear out a very acceptable alternative to the normally known creating of these recipes.

Really good recipes and family loves them!

I was disappointed. The recipes are OK, but the coconut flour recipes are few and are not impressive. I would return it if it wasn't such a hassle to do so.

Great for trying to eat healthier

Everything is all about the tools it takes to learn how to do better for yourself. Appreciated the knowledge I obtained from the book!

Good recipes

very good

No proof reading, words not only spelled wrong but missing instructions. No nutritional values. Not good for low carb unless you take the time to find substitutes.

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