



Almond Flour Recipes: An Alternative to Wheat Flour Cookbook for Celiac, Paleo, and Gluten Free Diets (Quick and Easy Series)

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Introducing the Almond Flour Recipe Book from Dogwood Apps!

What is almond flour?

Made by grinding almonds, almond flour has become one of the most popular alternatives to the traditional flour options people use for cooking and baking. Almond flour is made using sweet almonds that are blanched. This means that the skin from the almonds is removed before they are ground to allow only the core of the almond to be processed.

This is where almond flour differs from almond meal though the terms are used interchangeably. Almond meal is made using non-blanched almonds, that being the only difference. However, there is not much difference except that almond flour is a little sweeter since the skin is removed before the almonds are ground. It is up to you to decide which option you want to choose.

How is almond flour different from other types of flour?

The main difference between almond flour and other types of flour you find on the market is the low carbohydrate content of Almond Flour, increased moisture when baking and the absence of gluten. Nutritionists agree that almond flour can be the base for you to follow a gluten-free diet.

What are some of the health benefits of using almond flour?

1. Low Glycemic Food
2. Great Source of Protein
3. Low Carb
4. It boosts antioxidant levels in your blood
5. Source of Natural, Healthy Fats
6. Helps fight heart disease
7. Great source of Magnesium and Potassium
8. Excellent Source of Vitamin E which can help your skin look and feel younger, healthy, and vibrant

What's so great about your Almond Flour Recipe eBook?

Our book contains many great Almond Flour Recipe's that have been carefully **perfected** by us! We have

experimented with many recipes and have discovered the ideal Almond Flour amounts to give you totally delicious recipes for the following:

- Cranberry Almond Loaf
- Almond Flour Muffins
- Almond Flour Biscuits
- Almond Flour Bran Muffins
- Almond Flour Breakfast Bars
- Almond Flour Flapjacks
- Muesli Scones
- Almond Flour Pancakes
- Almond Flour Bread
- Matzo Ball Soup
- Chicken Parmesan
- Carrot Kugel
- Carrot Cake
- Coconut Bars
- Chocolate Chip Cookies
- Almond Flour Honey Cake
- Fig Newtons
- Almond Flour Orange Cake
- Almond Flour Fish Sticks
- Almond Flour Shrimp Cakes
- Chicken Piccata
- Almond Flour Butter Cookies
- Almond Flour Chocolate Cream Pie
- Almond Flour Nutty Bread
- Almond Flour Dark Rye Bread
- Almond Flour Chardonnay Crackers
- Almond Flour Nacho Cheese Triangles
- Almond Flour Peach Crisp
- Almond Flour Cranberry Orange Scones
- Almond Flour Bread 2.0

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June Whitaker:

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Jonathan Ownby:

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Lawrence Wilson:

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