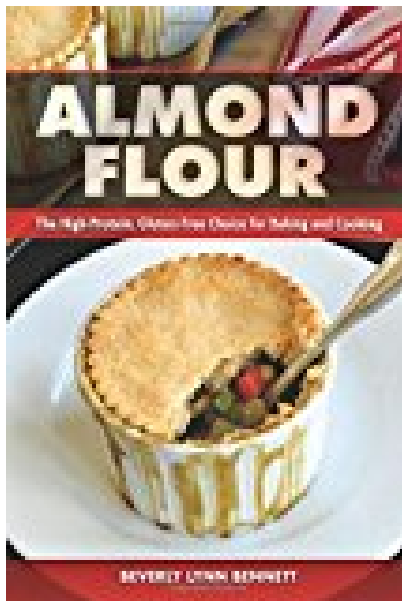


# Almond Flour The High-Protein Gluten-Free Choice for Baking and Cooking

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## BOOK DETAILS

- Author : Beverly Lynn Bennett
- Pages : 160 Pages
- Publisher : Book Publishing Company (TN)
- Language : English
- ISBN : 1570673381



## **BOOK SYNOPSIS**

Almond flour has taken the culinary world by storm! Because its made from a nut, not a grain, almond flour is gluten-free and has become a popular alternative to wheat flour and other grain-based flours, particularly among followers of specialty eating plans, including paleo, gluten-free, grain-free, specific-carbohydrate, low-carbohydrate, and high-protein diets. Popular vegan cookbook author Beverly Lynn Bennett shares more than 80 recipes that feature almond flour, along with helpful tips and essential information for how to incorporate it into your favorite dishes, from sweet to savory. Readers will learn the differences between blanched almond flour, natural almond flour, and almond meal, and discover when they can be interchanged. In addition to offerings for breakfast, brunch, snacks, and main dishes, theres a wealth of recipes for baked goods of every kind, including breads, biscuits, scones, bars, pies, tarts, and cakes. As a bonus, using almond flour rather than wheat flour or other flours increases the protein content of recipes while simultaneously decreasing their carbohydrate content. And almond flours smooth texture and rich, buttery taste boost the flavor and moisture content of baked goods and other dishes. All the recipes are vegan and gluten-free.

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