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Starlene D. Stewart, Victoria Hay
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Starlene D. Stewart, Victoria Hay : Mastering the Art of Baking with Coconut Flour Black White Interior: Tips Tricks for Success with This High-Protein, Super Food Flour + Discover ... Convert Your Favorite Baked Goods Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mastering the Art of Baking with Coconut Flour Black White Interior: Tips Tricks for Success with This High-Protein, Super Food Flour + Discover ... Convert Your Favorite Baked Goods Recipes:

0 of 0 people found the following review helpful. So good I bought TWO!By E. ArcherI really enjoy Starlene's blog. She has great free recipes. And because I think we should help support our favorite bloggers, I bought her book. I really like her recipes in the book. You can easily adjust them to "taste". (We don't eat sweetener of any kind.) After reviewing the book I saw there were lots of tips that my married daughter could benefit from. Like how to rescue recipe "fails" :o) When the food is too hard. Using coconut flour takes skill and time to learn. :o) So I bought her a book too!I love Starlene's creativity, I get lots of ideas from her.0 of 0 people found the following review helpful. which also sucks up the liquids)By CustomerSome of the recipes turned out OK but others flopped. Part of the problem is simply the inherent difficulty of working with coconut flour, which absorbs far more liquid than traditional grain-based flours (except oat flour, which also sucks up the liquids). Most of the the items I prepared didn't have as good a texture as items prepared with traditional flours, but for folks needing to avoid gluten, the trade-off might be worth it.0 of 0 people found the following review helpful. I've made several of the recipes and had good luck with all of themBy tropicsauceThis is a helpful publication in that it clearly sets out the steps to take after defining the differences between coconut flour and wheat flour, thereby eliminating most possibilities for error. I've made several of the recipes and had good luck with all of them. Also, it explains how to modify old favorite recipes by substituting ingredients. It's a very helpful little book.

In Mastering the Art of Baking with Coconut Flour I will teach you about coconut flour, where to find it, how to make sure your recipes turn out successfully, and how to convert wheat flour recipes. I walk you step by step through four recipes to demonstrate the process I take to convert recipes. You can be successful baking with coconut flour and I will show you how! Please note this version has a black and white interior and does not contain images.

About the AuthorStarlene D. Stewart