



Cooking with Almond Flour: 20 High Protein Recipes (Wheat flour alternatives) (Volume 1)

Jeen van der Meer

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Almond Flour Recipe Cookbook

This book has **20 delicious recipes** all featuring foods made with almond flour.

Almonds, ground into a fine powder, take the place of regular wheat flour and makes **delicious breads, cookies, pancakes, cakes, and muffins**.

Some people enjoy making their own almond flour by grinding whole almonds or you can purchase it at the store ready to use in recipes.

Almond flour often replaces wheat flour and people on **gluten free diets** are able to eat many of their favorite foods.

Most of the recipes in this book are gluten free, but a few do have wheat ingredients, most do not though.

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