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Fair Winds Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.2in. x 7.5in. x 0.6in.Discover the Wonders of (Naturally Gluten-Free) Coconut Flour!Coconut flour is quickly becoming one of the most popular flours on the market today, and deservedly so. It contains no gluten and no grain, and is low in digestive carbs and high in fiber, making it a favorite among Paleo, gluten-free, grain-free, nut-free, and low-glycemic dieters. In addition to what coconut flour doesnt contain, what it does...

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