



The Spunky Coconut Cookbook, Second Edition: Gluten-Free, Dairy-Free, Sugar-Free

Kelly V. Brozyna

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From the hostess of the delightful cooking blog TheSpunkyCoconut.com comes a book featuring 118 of her most popular gluten-free, casein-free, and sugar-free recipes, including 50 color photos. In this second edition Kelly V. Brozyna bakes with flour blends of coconut, almond, tapioca, and brown rice. Casein, dairy's problematic protein, is avoided by using coconut milk, almond milk, cashew milk, coconut oil, and ghee. Throughout the book refined white sugar is replaced by natural sweeteners like stevia, honey, agave, and coconut sugar. No one with gluten/dairy/sugar sensitivities will feel deprived with *The Spunky Coconut Cookbook*.

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