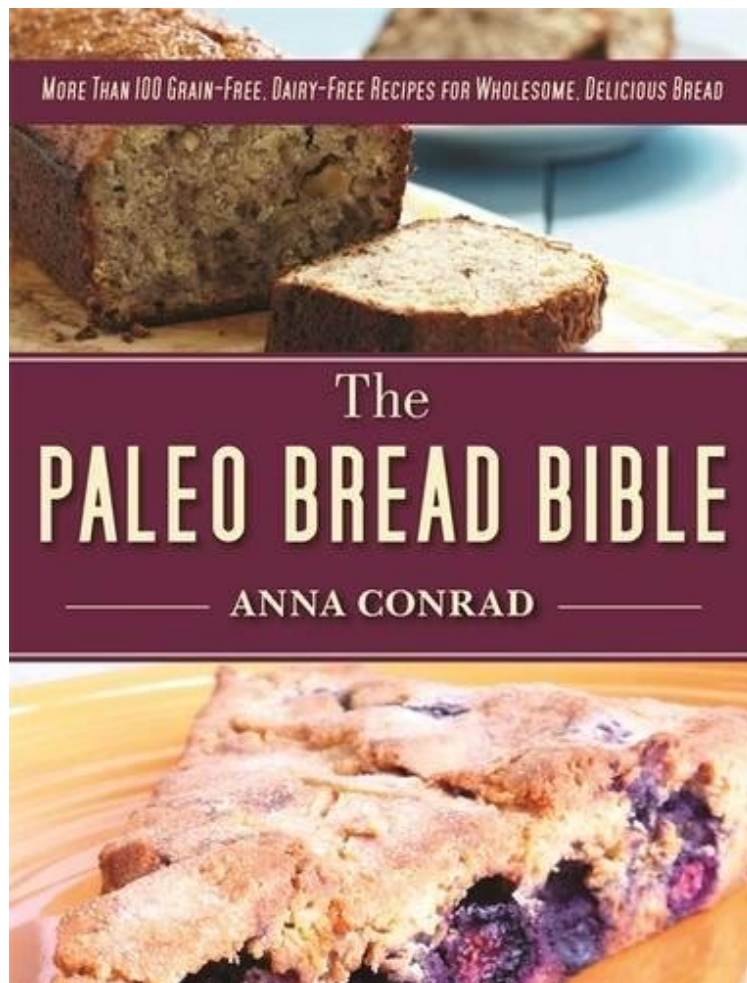


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The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Wholesome, Delicious Bread

Anna Conrad

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Anna Conrad : The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Wholesome, Delicious Bread before purchasing it in order to gage whether or not it would be worth my time, and all praised The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Wholesome, Delicious Bread:

14 of 16 people found the following review helpful. Great book but has a few errors. By LHFirst of all, this is a wonderful book! It's chocked full of easy to make recipes that will satisfy your craving for breads. I've given it four stars only because there are some errors in the recipes. I want to stress that I emailed the author who promptly and graciously provided corrections for the two recipes about which I inquired, plus more I didn't catch. I greatly appreciate her response. I did learn that three eggs should be added to the four sandwich bread recipes and that the

second ingredient in the Pioneer Bread should be almond meal instead of additional almond flour. I do agree with some of the customer reviews of other "Paleo Bible" cookbooks by the same author; she could probably benefit from a new editor, and many recipes that are variations on a theme could be featured once with the variations listed at the bottom of the page. It would make for a thinner book and likely cheaper to publish. It would still be a bargain at the price I paid for this one. 0 of 0 people found the following review helpful. Too basic. By Helle Stier Disappointed in this somewhat. Did not meet my expectations. Too basic. 0 of 0 people found the following review helpful. Best paleontologist bread book. By Helen Zandarski Very good recipes very happy with it

When Chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's 28-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. But what about bread? How can you make bread without grains? In this book, Conrad teaches how to make wholesome and satisfying breads with almond flour, coconut flour, and a host of other delicious, non-grain flours. Recipes include: Almond Sandwich Bread Coconut Sandwich Bread Rosemary and Olive Oil Bread Sweet Potato Rosemary Focaccia Savory Bacon and Scallion Muffins Savory Bacon and Scallion Muffins And many more! From sweet breads to sandwich breads, Italian favorites to Swedish delights, this book has something for every bread lover. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Anna Conrad grew up cooking with her Hispanic mother and has enjoyed multicultural culinary influences from her French grandmother, her Italian mother-in-law, and her formal culinary training in Thailand. She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She lives in Chattanooga, TN, United States.