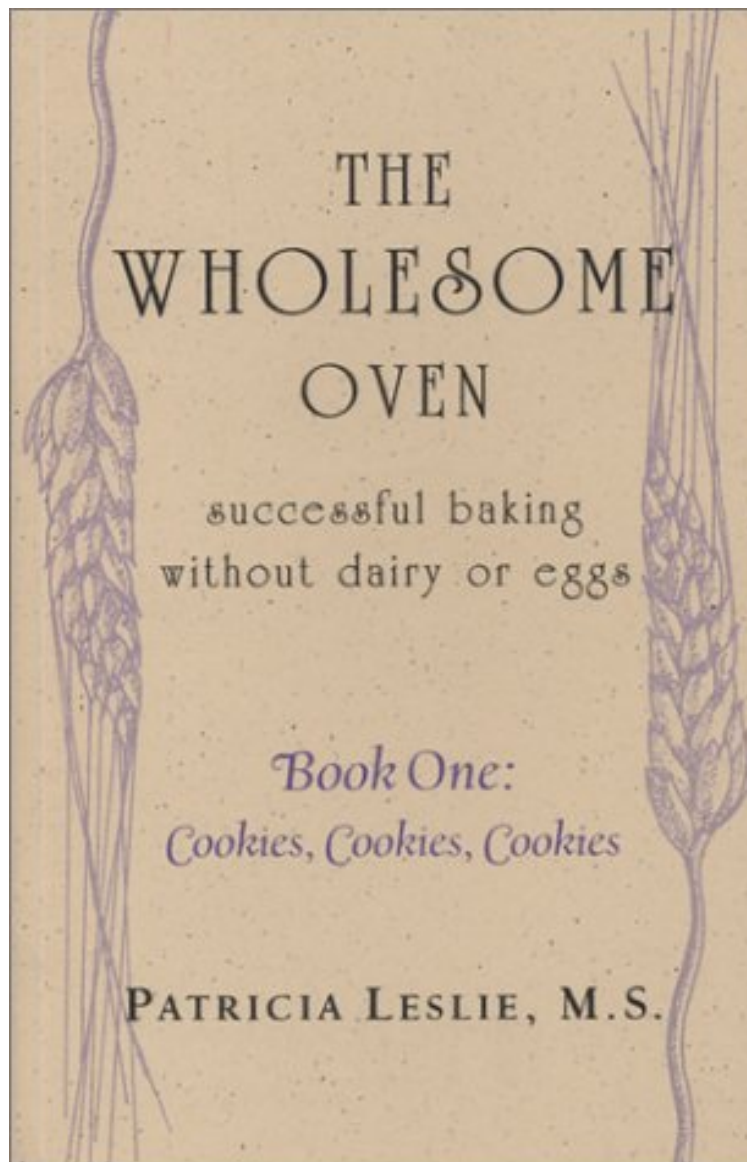


[PDF] The Wholesome Oven: Successful Baking Without Dairy or Eggs, Book One: Cookies, Cookies, Cookies

The Wholesome Oven: Successful Baking Without Dairy or Eggs, Book One: Cookies, Cookies, Cookies

Patricia Leslie

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Patricia Leslie : The Wholesome Oven: Successful Baking Without Dairy or Eggs, Book One: Cookies, Cookies, Cookies before purchasing it in order to gage whether or not it would be worth my time, and all praised The Wholesome Oven: Successful Baking Without Dairy or Eggs, Book One: Cookies, Cookies, Cookies:

0 of 1 people found the following review helpful. Corn Starch and MSG are some of the worst for health. Recent information confirms that corn and High Fructose Corn Syrup (HFCS) are a detriment to people's health. UCLA scientists have found that HFCS in soft drinks, candy, baking and cooking ingredients, bread, pastries, breakfast cereals, condiments, cookies and cakes, crackers, dairy, canned fruits and vegetables, granola bars, ice cream, salad dressings, and soups alters hundreds of brain genes, which can lead to diabetes, heart disease, and Alzheimer's. Corn itself, HFCS, Corn Starch and MSG are some of the worst for health. Much of HFCS and cornstarch is contaminated with mercury and is produced using toxic chemicals. Dr. Mercola says there is evidence of an increase in triglyceride levels and LDL which is another danger of eating food with HFCS. It metabolizes into fat far more rapidly than any other sugar. Negative metabolic effects are significantly magnified. Corn starch is another toxic corn by-product found in countless food items. Side effects of corn are, allergic reactions, risk of Pellagra, a risk for diabetics, causes bloating, and indigestion, intestinal irritation, tooth decay and causes Osteoporosis. Food companies use other names for HFCS but the bottom line is that it's stronger than sugar, and we know sugar can be addictive. HFCS can also cause obesity, hypertension and elevate bad Cholesterol levels and can cause liver and pancreatic problems. HFCS is one of the most toxic substances you can consume. The newly discovered danger of HFCS is alarming but a few years ago I had to go to the emergency room with a searing pain in my side. The doctor said Fructose had caused inflammation of my pancreas and advised me to eliminate HFCS from my diet. The second issue is Soy. People should also avoid Soy products. There are adverse side effects that have been linked to brain damage and breast cancer. Danny Bynum, 1301 W Harvest St Eldridge, Iowa 52748 PH: 563-285-9490

This woman can bake! And so can you, if you follow these 45 great recipes. Bar cookies, drop cookies and roll cookies - plus a handy afterword with bakers' tips. Includes fillings, frostings and glazes. All the recipes are 100% vegan, salt-free, and low on oil and sweeteners. And they taste good! What more can you ask for..

From the Author I started creating these recipes during the first few years after shifting from lacto-veg to vegan. I had to re-learn baking with a lot of different ingredients, so I started keeping notes on what I was replacing. Before long, I had a lot of recipes. Sad to say, many of the ingredients I was relying on in 2002, are not even being made any more. (Can't remember the last time I was able to buy soy milk powder.) So honestly, I don't know how useful this cookbook will be to the average vegan baker who just wants to follow a straightforward recipe, and not have to get creative. On the other hand, if you're trying to learn to bake, my detailed technique guidelines will still be invaluable to you; and some of the recipes don't require any out-of-production ingredients. About the Author Patricia A. Leslie holds a Bachelor's degree in cultural anthropology from U.C. Berkeley. She now writes wonderful "comedy of manners" type novels in the speculative fantasy genre; that series is called The Randolph Family Saga.