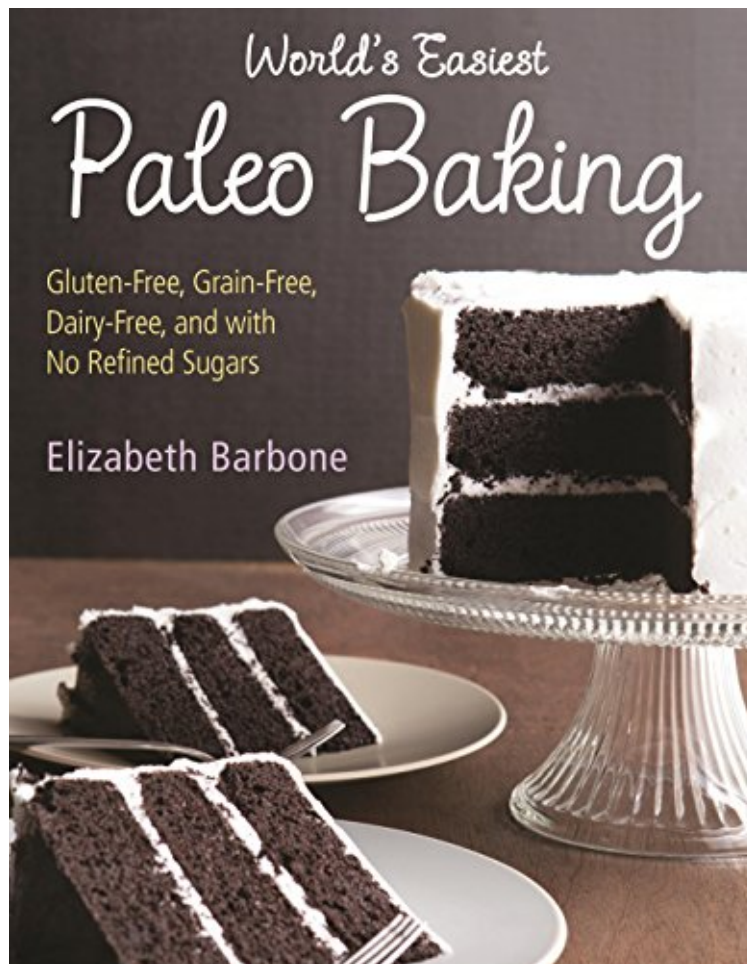


[E-BOOK] World's Easiest Paleo Baking: Beloved Treats Made Gluten-Free, Grain-Free, Dairy-Free, and with No Refined Sugars

World's Easiest Paleo Baking: Beloved Treats Made Gluten-Free, Grain-Free, Dairy-Free, and with No Refined Sugars

Elizabeth Barbone

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Elizabeth Barbone : World's Easiest Paleo Baking: Beloved Treats Made Gluten-Free, Grain-Free, Dairy-Free, and with No Refined Sugars before purchasing it in order to gage whether or not it would be worth my time, and all praised World's Easiest Paleo Baking: Beloved Treats Made Gluten-Free, Grain-Free, Dairy-Free, and with No Refined Sugars:

14 of 15 people found the following review helpful. I can bake again!By J. DeLucaEven though my copy is falling apart I've been looking through the recipes and I'm really excited to try some of these amazing items. I've been avoiding wheat for years but I love baking. I'm going to try a few (the Silver Dollar Pancakes for one -- my son has been so sad we never have pancakes anymore) this weekend.Additionally, when I wrote about my copy falling apart

right out of the box, not only did the author contact me but the publisher contacted me also (very quickly, I might add). I'm really rather impressed with Lake Isle Press. I've had horrible luck with a few other publishers when their products are sub-par; well done. 9 of 10 people found the following review helpful. Great book! By L. Stark This is a great book. It has a lot of recipes and they are all pretty easy. Sometimes I do find myself cutting the sugar (honey, coconut sugar, maple syrup, etc.), because I don't like my sweets super sweet. My entire family has enjoyed the Paleo desserts from this book. I definitely recommend this book. 24 of 29 people found the following review helpful. super eggy, barely edible muffin type cakes By Customer So I was really excited about this book until I received it and looked over a few of the cake recipes. Unfortunately, I didn't catch these mistakes until after I had already purchased the ingredients for a recipe only to find that the directions for making cake batter were identical across multiple recipes, even though the ingredients varied across those recipes. An example of this frustrating mistake: the directions would reference and oil, when there was no oil called for in the ingredients list. Also-- 8 eggs? I ended up baking the coconut flour/almond flour yellow cake, adding some coconut oil since it referenced adding oil (even though none was called for in the ingredients list--had to look at other recipes in the book to see what the oil ratio was), and they were greasy, super eggy, barely edible muffin type cakes. Needless to say, I returned the book.

Treat yourself? you deserve it. Whether you avoid grains and dairy because you have an allergy, are looking to lose weight, or on a special diet, sometimes you need a simple indulgence. Cakes, cookies, pies, doughnuts, breads, and all of the treats that were once off limits are now at your fingertips with this collection of easy recipes made without grains, dairy, and refined sugar. Elizabeth Barbone, trusted author of hit gluten-free cookbooks *Easy Gluten-Free Baking* and *How to Cook Gluten-Free*, delves into grain-free and dairy-free baking and delivers recipes for beloved, classic baked goods for that occasional "treat yourself" moment. This is a paleo-friendly cookbook with no surprises, meaning: no rice flour, no potato starch, no gums, and with only small amounts of natural sugar. Paleo baking has never been easier. No more laundry list of hard-to-find ingredients; Barbone keeps her recipes easy, minimal, and most of all, delicious. With beautiful color photographs; well-explained ingredients, substitutions, and sources; and chock full of helpful notes and explanations, this essential collection allows you to give in to a craving, but in a better, healthier way. A life without baked goods, no more. Easy, accessible, and with Barbone's signature perfected recipes that taste "just like the real thing," this is your all-in-one guide full of go-to recipes for birthdays, holidays, and sweet indulgences that will please the whole family. No one will feel left out ever again with recipes such as: Gingerbread Pancakes, Lazy Morning Waffles, Vermont Maple Doughnuts, Bagels, Pizza, Baguettes, Chocolate Chip Cookie Bars, The World's Easiest Grain-Free and Egg-Free Cookies, Celebration Chocolate Cake, Maple Bacon Cupcakes, Easy Peasy Shortcakes, Thanksgiving Pumpkin Pie, and more.

About the Author A graduate of the Culinary Institute of America, Elizabeth Barbone is the author two beloved cookbooks, *Easy Gluten-Free Baking* and *How to Cook Gluten-Free*, and shares her love of baking at GlutenFreeBaking.com. Elizabeth bakes without gluten, grains, dairy, most tree nuts, and sesame, and hasn't let multiple food allergies stop her from pursuing her passion. She currently resides in Troy, NY with her husband.