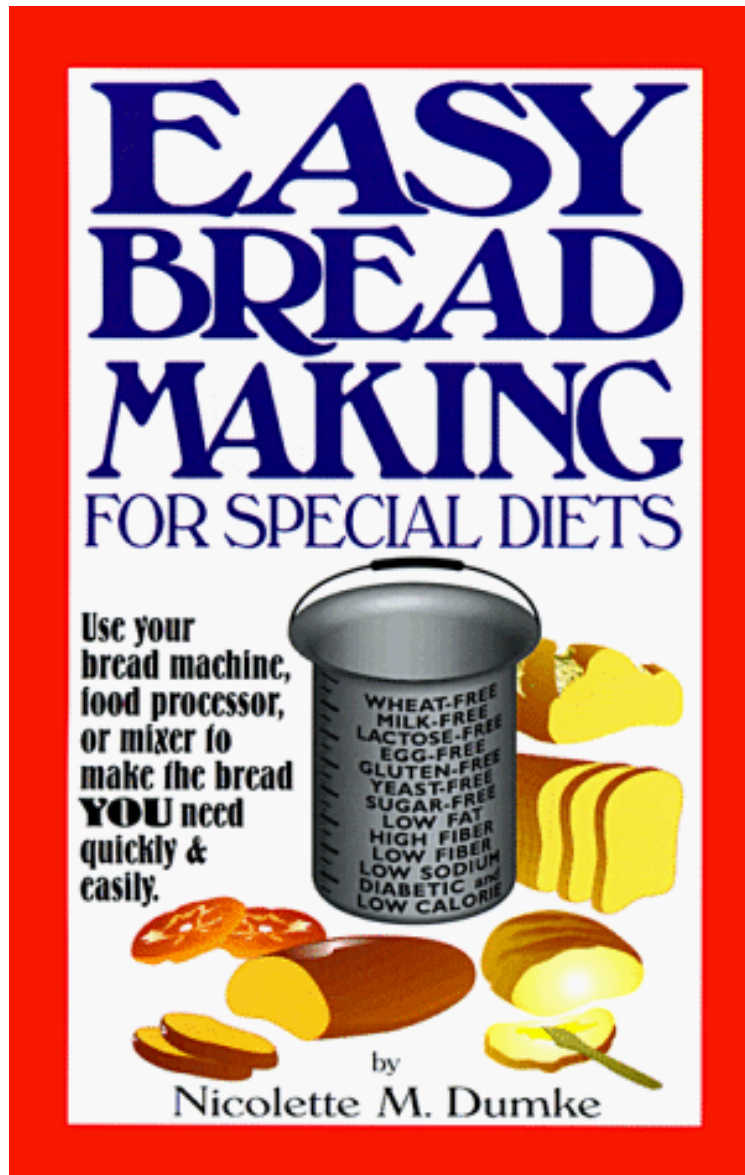


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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber:

0 of 0 people found the following review helpful. Great, Simple Recipes! People not reading directionsBy Cohen FamilyI'm surprised at the one star reviews for this book. We are a food allergic family (primarily nuts, oats, egg and milk free) and LOVE this book. We use 2 recipes in particular almost every week: dinner rolls (p. 126 and p. 138) and the basic white bread (p. 61). My copy of this book has cooking stains all over it because we have used it so much with our bread machine, also purchased from . This combo has been the most healthy, delicious and cost-effective food decision we've made.I am sad that some of the one star reviewers don't seem to understand or read the book, or also have no basic understanding of baking. It says clearly on the cover "Use your bread machine, food processor, or mixer to make the bread." Of course, if you choose to HAND KNEED bread you can certainly do so, and in fact she tells you how to on p. 52. But you cannot fault the book for using rudimentary tools, and disclosing that on the cover. Other reviewers don't seem to have a rudimentary understanding of baking: calling recipes sugar-free IS accurate. Using a small amount of honey or fruit juice as a sweetener is NOT adding sugar, it is adding sweetener. There is a difference. It is such a small amount (either 2 TBSP of Honey or 1/4 cup of apple juice concentrate is typical) for an entire loaf or 12 dinner rolls that it would hardly register as sweet. In fact, out of sheer laziness on my part, I use regular apple juice instead of the concentrate because we buy bottled juice, which makes it even less sweet and works perfectly well. Considering the overall health of this bread (only flour, yeast, water, oil, tad of salt is in most recipes) I cannot fault for a tiny bit of sweetener.I am in no way affiliated with this book or the author. I simply looked up this page so I could share the link with friends to recommend the book and saw some of these surprising reviews. I felt compelled to tell my experience and thank the author for this great resource which we use weekly. I think the book has many, many options for healthy baked goods and Nicolette M. Dunke has done an excellent job clearly explaining her recipes. Very, very easy to use--my husband is not a cook but has taken over the bread making with great success. In fact, I want to try out more recipes because we tend to stick to the 2 we love so well--but there are tons in here.I would recommend this to any family that needs or wants to avoid tons of unknown ingredients in processed foods. If you want healthy, cost-effective, and simple delicious recipes for your family, I highly recommend.0 of 0 people found the following review helpful. Easy Bread Making For Special DietsBy Kat CaldwellWhen I ordered this book, I thought it would have bread recipes for children like my son. My son is allergic to wheat(gluten), dairy(casein), corn, soy, peanuts, egg yolks, egg whites, meat, beans, and peas. I was really hoping that this cookbook would have one good bread recipe that I could make for him, by substituting only one or two ingredients. I was wrong. However, this cookbook is still a 'must have' in my cookbook library because it's a wonderful review of the basics of bread making. It explains how chemical reactions that occur between different ingredients cause changes in various recipes. It also has helpful substitution lists for lots of items. Although I'm unable to use any of the recipes from this cookbook, it has helped me modify my son's bread recipe so that it tastes amazing. I'm very happy that I bought it and I think every home should have one, even if you don't have food allergies.0 of 0 people found the following review helpful. Many recipes but need adjustmentBy CustomerTried the no yeast recipe but turns out too wet. Perhaps because my breadmaker is not working the same way as the author's. Will have to make adjustments to the recipe for it to work.

With this book you will spend less time in the kitchen by having your bread machine, food processor, or mixer share the workload of baking for a special diet. It contains 195 recipes for allergy and other special diets. 135 of the recipes in the book are free of wheat, milk, eggs, corn, and soy; a chapter of yeast-free breads is also included. The book contains recipes for breads of all kinds, main dishes, and desserts. The information about bread machine features will help you choose the machine that best meets your needs at a reasonable price.

Easy Breadmaking for Special Diets is the perfect book for bread machine owners who bake for anyone on a special diet. Nicolette provides great insight into the use of bread machines with some of the more difficult ingredients that are used on special diets. Best of all, these recipes really work and produce delicious breads that will appeal to everyone, regardless of diet! -- Ada Lai, editor of "The Magic Bread Letter"Easy Breadmaking for Special Diets solves a problem common to patients on special diets, that of how to make your own breads and desserts with the minimum of time and effort. If you or your family members are on a special diet, this book will be very helpful to you, even if you've never cooked before. -- William G. Crook, M.D., author of The Yeast Connection Detecting Your Hidden Food AllergiesMs. Dumke has done the impossible! Imagine - wonderful breads from a huge variety of flours, yeast breads using non- gluten flours, quick breads that are yeast-free, and even cakes. I've used a bread machine for four years and never imagined it could be so versatile. This book opened my mind to all kinds of possibilities - it's an amazing body of incredibly original work. -- Marjore H. Jones, R.N., author of The Allergy Self Help CookbookAbout the AuthorNicolette M. Dumke has been making bread and cooking for special diets for over 25 years. For her immediate family she uses allergy, low-fat, and sugar-free diets, and she uses other special diets for extended family members

and friends. She holds B.S. degrees in medical technology and microbiology and is the author of several books including *5 Years Without Food: The Food Allergy Survival Guide*.