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Betsy Laakso, Leslie Hammond
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Betsy Laakso, Leslie Hammond : Enjoy Life's Cookies for Everyone!: 150 Delicious Gluten-Free Treats that are Safe for Most Anyone with Food Allergies, Intolerances, and Sensitivities before purchasing it in order to gage whether or not it would be worth my time, and all praised Enjoy Life's Cookies for Everyone!: 150 Delicious Gluten-Free Treats that are Safe for Most Anyone with Food Allergies, Intolerances, and Sensitivities:

0 of 0 people found the following review helpful. Would love a cake book too!!By Scott QuinonesWe have been following a gluten and casein free diet for our sons for 9 years and have come to love and trust the Enjoy Life products. What a joy to discover this book--an amazing contribution to our repertoire of desserts, without having to make conversions from conventional to alternative ingredients. The recipes are simple and use familiar ingredients. Our daughter is becoming a more confident and successful baker with these yummy treats! Would love a cake book too!!0 of 0 people found the following review helpful. Glad I ordered it!By RebeloutionVSince purchasing this book, I

have enjoyed many recipes out of it, and now that I am transitioning to a diet that doesn't use any sort of granulated sugar (coconut, cane, beet, etc.), I am finding this book to still be pretty useful. I just made some carrot trail mix muffins, sweetened with agave, today and they are so good! I recommend this to my friends learning to go gluten-free, vegan or who have allergies in general. The opening section gives a really great introduction to the ingredients used and various things you may not know if you're a first-timer at allergy-friendly baking, and the recipes all focus around the same basic ingredients, making it easy to experiment with many different foods. I love that there's even raw treats in there! 9 of 9 people found the following review helpful. Absolutely Fabulous and a MUST HAVE!! By S. Buist You won't need any other cookie book if you have a child with allergies. We did OK with recipes for our family when we went gluten free but when my son was diagnosed with a gluten, dairy and egg allergy I didn't know what I would make or how I would do it. It was around this time that Enjoy Life released this book and I ordered it after it was recommended to me by a friend. Now I have purchased it for someone with an autistic child and recommend it regularly. We have made the chocolate chip cookies, graham crackers (awesome!), swirled brownies, ginger snap cookies and more. Every single recipe has turned out well and tasted great. The other thing I liked about this cookbook is that the recipes are not complex. Most use just brown rice, white rice, sorghum and rice bran. You don't need to be an expert baker to make them. I can't recommend this book enough.

Enjoy Life's™ Cookies for Everyone! offers allergy-free cookies, brownies and bars that are safe and delicious. With treats such as Caramel-icious Apple Cookies, Bodacious Blondie Swirl Bars, Peppermint Pizzazz Brownies, and Chocolate Chip Cookie Bark, each of the 150 recipes are free of gluten as well as the eight most common allergens, thus taking the guesswork out of determining which recipes are safe—and which are a risk. Culinary expert Leslie Hammond teaches readers how to use naturally allergy-free ingredients and substitutes to add richness, texture, pizzazz and nutritional content to cookies and bars without losing the “yummy” factor. Each recipe is vetted for taste and safety by the Enjoy Life® company, a leader in delicious and healthful allergy-free foods.

About the Author Leslie Hammond is an expert on cooking for people with cooking allergies. She appears regularly on TV stations all over Northern California doing cooking segments about allergy-free cooking. She runs her own business called Fancy-Free, which specializes in allergy-free birthday cakes, catering, and more. She's from Davis, California. Betsy Laakso is the Director of Research Development for Enjoy Life Foods and the mastermind responsible for creating new product offerings and making sure that existing products meet Enjoy Life's strict standards for safety, quality, and taste. A veteran of the food industry for over 20 years, Betsy holds degrees in Dietetics and Food Science and owns and operates her own confectionary company in her spare time.