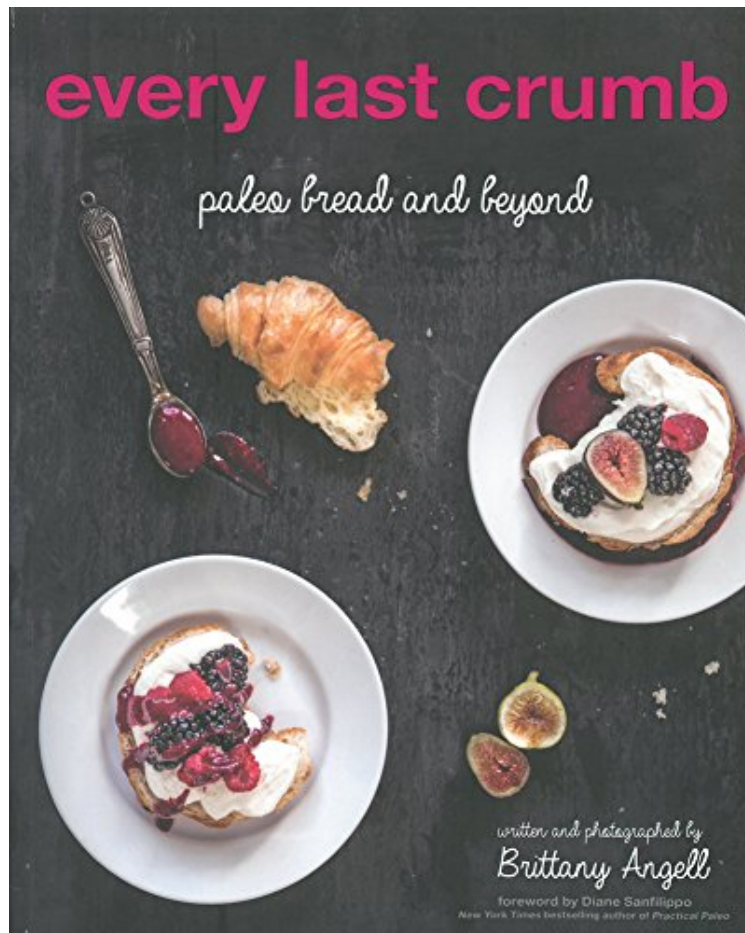


(Mobile book) Every Last Crumb: Paleo Bread and Beyond

Every Last Crumb: Paleo Bread and Beyond

Brittany Angell

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Brittany Angell : Every Last Crumb: Paleo Bread and Beyond before purchasing it in order to gage whether or not it would be worth my time, and all praised Every Last Crumb: Paleo Bread and Beyond:

133 of 137 people found the following review helpful. Paleo-ish. Try the cheese crackers. They're the best. By SekaFirst off, I don't follow a Paleo diet, but many Paleo recipes eliminate ingredients that I can't have, so I tend to use a lot of recipes that are of that persuasion. I have tried several recipes from this book and am a member of the author's online recipe club (which I recommend), so am familiar with her methods and the results I get from them. Pros:-The cheese cracker recipe (also available in the author's Club Angell) is the best cracker recipe ever and better than real Cheez-Its. I have only used cow's milk cheese for this recipe (i. e. they're not Paleo). I think the book is worth the price for this recipe alone.-The photography is beautiful and the book is nicely laid out. Photos for every recipe make me happy.-The ingredients (with the exception of baking powder, more below) are well-explained and substitutions that can be made are clearly stated, which is very useful. Sources for the ingredients are also listed.-Gram measurements are given, which is my preferred way of baking. Volume measurements are also given, but take my advice and get an

inexpensive kitchen scale! I haven't looked back since trying the scale way.-Potential for several go-to recipes (bread, waffles, crackers, etc.)-Helpful notes on certain recipes.Neutral:-White rice flour. Like I said, I don't follow a strict Paleo diet, so this doesn't bother me.-Gums don't seem to affect me badly, so the xanthan and guar are also not a big deal to me. The author does mention in a few recipes that you can eliminate the gum, which will of course affect the texture (also mentioned). They also are not called for in every recipe.Cons:-For a Paleo-ish cookbook, I thought it odd that the fact that most baking powders contain cornstarch wasn't mentioned. It's easy enough to look for a homemade baking powder recipe online, of course, but I thought that would have been a nice addition.-The recipes are for the most part quite good, but some are maybe a bit hit and miss, at least to my particular tastebuds--coconut flour can either be wonderful or too coconutty/grainy, for instance. Of course, every cookbook is going to have recipes that different people don't care for.Overall, I think this is a great resource with some yummy recipes. I think the author's online recipe club is a good supplement to this, or vice-versa. Brittany is doing things with a Paleo-ish bent that make me very happy, but I will say that not every recipe has worked for ME. It might work for you.---The following are my opinions of the recipes I've tried. Notice I said MY opinions. People's tastes tend to vary quite markedly, so your opinion could be completely different from mine (or my husband's, who, admittedly, has enjoyed everything I've made from this cookbook). It can be helpful to see different reviews, though, which is why I typed this long thing up.cheese crackers: A-maz-ing. I make them all the time. One of my favorite recipes ever. I will note that I tend to have to bake much longer than called for in the recipe. (I originally got this from the author's online club which is how it's so tried and true for me.)naan: Pretty good. It's a very decent flatbread that has an almost cheesy taste to it. Best warm. I had to eliminate the garlic but I bet it's even better with it (because, garlic).chocolate chip cookies (almond flour version): Not to my taste. I'm not sure if it's the coconut palm sugar or what, but they just don't work for me. I have made them twice to make sure.english muffins: I'm not sure on these yet, but I enjoyed them. They're quite yeasty, which was kind of nice after not having any yeast-made anything in forever, but they seem like they need maybe a slight modification of some sort? In any case, I will definitely make them again and go from there. I would recommend getting the English muffin rings mentioned in the recipe if possible, since the aluminum foil ones are a pain to use.monkey bread "cupcakes": These were ok. I think there's too much baking soda, because they tasted somewhat strongly of it. With modification, I think these would be very good (I mean, cinnamon and sugar--hard to go wrong with that combination). I cooked the caramel sauce too long and it was amazing. (I should probably mention that I've never had "normal" monkey bread, so it's possible that the soda taste is intentional and I am just not aware of that.)orange cranberry bread: Quite good. Also good with raspberries. A nice go-to for brunch, coffee hour, etc.oyster crackers: I really liked these. They were very good in a chicken broth soup.circus animal crackers: These are yummy. I've never done the white chocolate frosting because I've never been up to making the dairy-free white chocolate, but I want to try it.rice flour bread: I just took a loaf out of the oven and it's yummy. I will add a bit more salt next time. Very happy with it! Edit: I used maple syrup in place of the honey (which I can't have), which I think makes this recipe vegan. Also, no maple flavor. Just good bread-y flavor.2 of 2 people found the following review helpful. One of the best cookbooks I have ever ownedBy Dani MThis book is unbelievable. I just started along the Paleo journey about eight months ago for the single reason of wanting to eat better. I have ordered all the top Paleo cookbooks listed on and every one has been done so well. This book is no exception. I found out about it on the PaleOMG blog. This book has so many recipes and at every turn of the page, I am actually saying "WOW" out loud as I'm putting a sticky note on the page. I am simply blown away. In my opinion, when it comes to these amazing Paleo creators, they are the true geniuses, not the top chefs out there. To be able to mix flours with different sweeteners and to think "outside the box" on making an ordinary dish healthy, it takes a science and a lot of work. Brittany has done such a fantastic job with these recipes. You will find recipes for breads, chocolate croissants, monkey bread, crepes, tortilla chips, crab ragoons to red velvet cupcakes with cream cheese frosting. I can't stress enough about how blown away I am with this book. The photos are exceptional and make you want to start baking immediately. Everything is outlined so that even the novice cook can make these recipes. This is definitely a Paleo cookbook you'll want in your pantry.1 of 1 people found the following review helpful. Top NotchBy Randy ThillThis book was highly recommended to me by a friend to help me discover new recipes for my gluten free breadmaking. There are lots of other recipes in it that look to be fun. I am a little put off because she asks that I weigh, rather than measure, the ingredients. That's why I am on line right now...to get a scale. I think I may as well do it right. I've been doing gluten free baking for years, so this book is a treat to me because it looks like she is writing about her passion and appears to be totally skilled in her art. Her recipes look to be very well put together.

Everybody loves bread! This fluffy, crusty favorite is a staple in so many cultures around the world, yet sadly, it is one of the first items people remove from their diet when they need or choose to transition to a gluten-free or Paleo diet. Many are left with a "dietary dent" that is not easily filled. Get prepared to have your life changed. Every Last Crumb will take you down a revolutionary bread-making road with recipes that look, smell, and taste like their gluten-filled counterparts. These recipes use healthier ingredients, and many of them are accessible to those with dietary restrictions. Dairy-free? Egg-free? Nut-free? Every Last Crumb has you covered. You will be exposed to coconut

flour, almond flour, and chestnut, plantain, and sweet potato flours, which will open your eyes to new ways of making healthy and tasty breads and other baked goods. Experience favorites that you won't find anywhere else, from grain-free croissants and puff pastries to easy-to-prepare sandwich breads, soft pretzels, bagels, rolls, and more. Transform your healthy diet into a magical feel-good experience with no guilt. You'll find yourself eating Every Last Crumb and then some. Finally, you can experience comfort food the right way! Inside this book you'll find: More than 150 recipes for all types of baked goods, both sweet and savory Lots of egg-free, nut-free, yeast-free, and lower-carb options for those with dietary restrictions Classic, everyday breads like sandwich bread, hamburger buns, and dinner rolls Specialty breads like lavash, naan, arepas, and tortillas Breakfast treats like bagels, muffins, donuts, scones, waffles, pancakes, and even croissants and danish A variety of burgers and sandwiches, along with condiments to top them Chips, crackers, and pretzels to satisfy every snack craving Desserts for every occasion, from cookies and brownies to decadent cakes An informative overview of grain-free baking ingredients A helpful section of baking tutorials, with tips on measuring ingredients precisely and proofing dough

“Brittany has proven that eating healthy can still be incredibly enjoyable. Because of Every Last Crumb, no one will ever have to miss sandwich bread, dinner rolls, scones, cookies, or brownies while enjoying the benefits of a Paleo or gluten-free lifestyle.” (Juli Bauer, New York Times bestselling author of *The Paleo Kitchen*) “Brittany is one of the most talented bakers we know. Not only can she work with grain-free flours in a way that yields the same results as gluten-based flours, but she pours her heart and soul into every recipe she creates. This book is a true masterpiece and will really help people who follow a Paleo diet learn to love baking again.” (Hayley Mason and Bill Staley, authors of *Make it Paleo*) “This book is insane. Brittany Angell is a baking genius.” (Kelly Brozyna, author of *Dairy-Free Ice Cream* and *The Paleo Chocolate Lover's Cookbook*) About the Author Brittany Angell is the Author of the best-selling *Essential Gluten Free Baking Guides Part 1 2* published by Triumph Dining and is founder of this fast growing allergen free food blog. Brittany has created over 600 diverse and delicious recipes that are primarily gluten dairy free. However, she strives to serve the entire allergen free community by developing creative, unique and hard to find recipes that are also soy, egg, corn, sugar and grain free. As a worldwide leader in food allergen awareness, Brittany is a sought after Author, Speaker and Consultant to corporations and restaurants seeking to capitalize on the expanding gluten and allergen free market. Brittany's foray into the food allergy world began in January 2010 after many months of unsuccessfully solving her health issues through traditional means. Once she took her health into her own hands through education and research, she was lead to several specialists and was diagnosed with Hashimotos disease accompanied with various food allergies and intolerances. Her ultimate goal is to connect, engage and understand the needs of others and to guide them through their journey to health through education, support and recipe development. Brittany resides in Rochester, NY with her husband and three rat terriers.