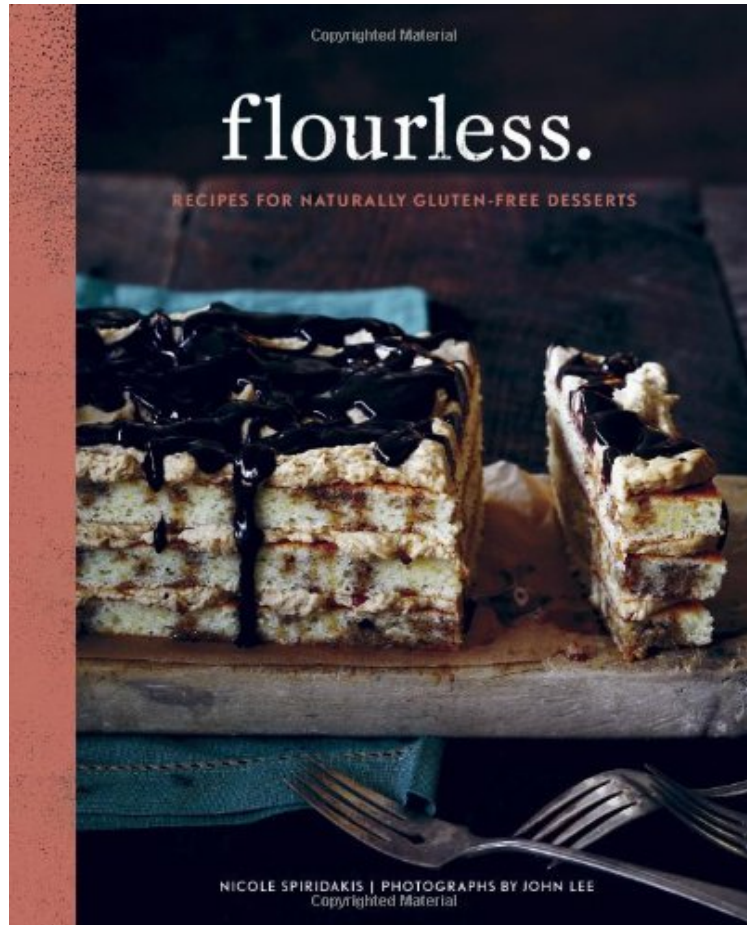


(Download ebook) Flourless.: Recipes for Naturally Gluten-Free Desserts

Flourless.: Recipes for Naturally Gluten-Free Desserts

Nicole Spiridakis

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Nicole Spiridakis : Flourless.: Recipes for Naturally Gluten-Free Desserts before purchasing it in order to gage whether or not it would be worth my time, and all praised Flourless.: Recipes for Naturally Gluten-Free Desserts:

92 of 92 people found the following review helpful. Truly Flourless Cooking!By Kindle CustomerAs someone who loves baking, I honestly have felt a huge sadness each holiday as I have to relegate myself to tasteless desserts and recipes that produce cookies with a texture more suited to building materials or projectiles rather than consumption. So I was very intrigued to try recipes from FLOURLESS.I am a book person, not just a baker so I want to say something about the book itself (and not just the recipes) as that sort of thing matters to me.The quality of the book itself is lovely. The illustrations and pages feel classic, something that belongs beside my CANAL HOUSE COOKING series. I love cookbooks with a bit of personal history or story before each venture or a bit of personalization and this book is rich with it.Now to the real thing, the baking! So far I've tried the Strawberry Rhubarb Maple Cake, Pear-Chocolate Cake, Walnut Torte with Coffee Cream and Pavlova with Cream and Berries and today we (my kids and I) will venture into the Chewy Cinnamon Molasses Cookies. I love that these recipes have a lot of flavor, and while the

cookbook is definitely a goodies book, you are presented with recipes that rely on flavor, fruit and natural sweeteners like maple syrup rather than huge amounts of sugar. They also have (or so it seems) more protein than a lot of desserts due to the use of egg whites and nut flours, which I like. We have not yet had one kitchen disaster, I'm proud to say! They are also very pretty desserts. I was especially impressed with the presentation of the Pear-Chocolate Cake and made a note that I will make that for future events as it has a wow factor. I also wanted to add, on a practical level, Gluten Free cooking is notoriously expensive. The only investment I had to make to make these recipes was a coffee grinder for grinding some of the nuts. I'm grateful to be able to bake out of my kitchen again without feeling like taking a class in chemistry. I have already purchased an additional copy as a gift for a friend. I don't often review on but this is a real must-buy if you are like me, a former gingerbread queen missing the warm smells of the holidays or the morning comfort of coffee cake. 14 of 14 people found the following review helpful. Best cookbook purchase in a long time! By Donna Dr This is one cookbook that I wish I had access to when I first had to go gluten free. The recipes are fantastic, with no difficult to find ingredients or strange tastes due to the flour substitutes. If your life is a GF one, this is a cookbook that you truly should buy. It deserves far more stars than 5. 13 of 13 people found the following review helpful. Great book, no fake ingredients By Amanda Gal I really love this book because it doesn't use a lot of fakey ingredients. Many "flourless" recipes use weird flours and chemical binders. Most of these recipes are heavy on eggs, but use normal, whole ingredients. I've made several cookies and one cupcake recipe and they were hits!

This collection of dessert recipes is so delicious no one will know they are gluten-free! With 75 recipes for naturally gluten-free desserts, author Nicole Spiridakis uses a wide range of non-wheat flours to finesse the balance between decadent and dietary. These tasty recipes bypass complicated alternate flour mixes and hard-to-find "gums," fulfilling the increasing demand from those embracing a gluten-free diet (whether by necessity or choice). With creamy puddings infused with warm spices, cloudlike meringue cookies, dark chocolate brownies, and fruit crisps and crumbles, Flourless. turns dietary restrictions into something scrumptious.

"This book sets itself apart in the category by providing recipes that don't require specialty flours, gums, or starches. A flawless angel food cake uses cornstarch; intense chocolate cookies rely on egg whites." - Cooking Light About the Author Nicole Spiridakis is a food writer and journalist who lives in San Francisco, California, and Morocco. John Lee is a San Francisco-based photographer.