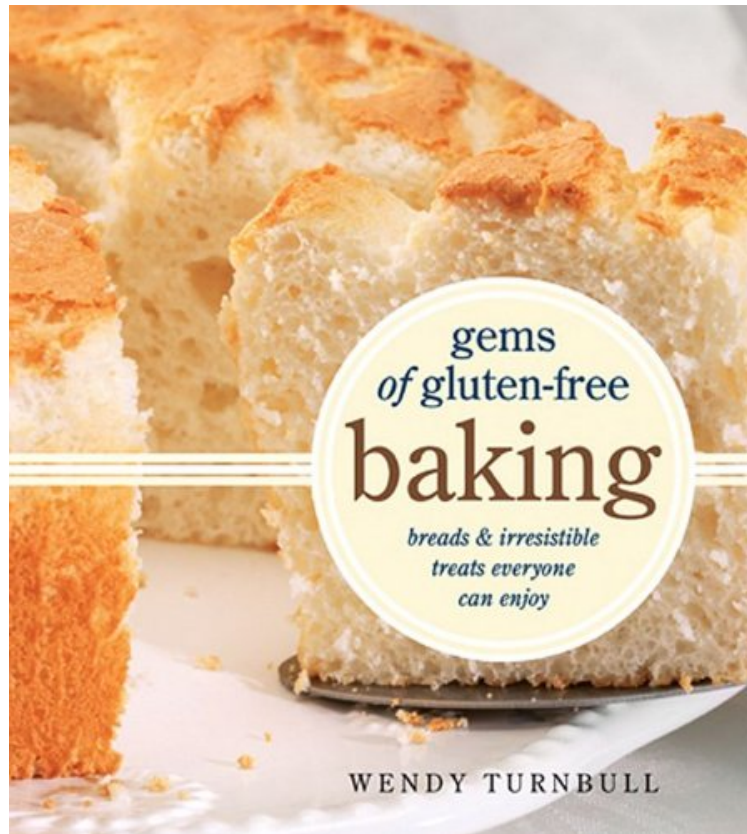


(Download pdf ebook) Gems of Gluten-Free Baking: Breads and Irresistible Treats Everyone can Enjoy

Gems of Gluten-Free Baking: Breads and Irresistible Treats Everyone can Enjoy

Wendy Turnbull

ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#2952065 in Books 2011-03-03 2010-05-15 Original language: English PDF # 1 8.90 x .60 x 8.001, 1.50 #File Name: 1770500189198 pages | File size: 35.Mb

Wendy Turnbull : Gems of Gluten-Free Baking: Breads and Irresistible Treats Everyone can Enjoy before purchasing it in order to gauge whether or not it would be worth my time, and all praised Gems of Gluten-Free Baking: Breads and Irresistible Treats Everyone can Enjoy:

1 of 3 people found the following review helpful. maybe hard in malaysia By naturalfoodLOVER The recipes printed are much pretty and useful if I'm not in Malaysia. Sorghum flour and guar gum are not available over here. However, it might solve my friends' problem as they're taking gluten free food nowadays. To me, it's a new start as I've familiar with gluten baking. Switching is a problem to me. Thanks. I will try gluten-free. 7 of 7 people found the following review helpful. Gems of gluten-free baking By betz I love this book. She uses a blend of flours that is more nutritious than most and she gives you a choice of the different flours available to use in your own blend. I chose the combination with the most stable shelf life, so I don't have to keep it refrigerated. She also explains how to convert a wheat recipe to gluten free. This has been the easiest book to follow and the least amount of work in converting to gluten free. So far I like the recipes I have tried. (haven't tried the bread yet) 0 of 0 people found the following review helpful. Take the Mystery out of Gluten-Free Baking By Garden Lady There is a formula for combining different gluten

free flours and a binding agent in the first chapter of the book. Once you create the basic mix you are set to prepare a wide variety of baked goods that are actually tasty too. The author is a nurse who is gluten intolerant. Some of the recipes are also dairy free and egg free. I first checked this book out from my local library, but I am buying a copy to keep permanently on hand. Ingredients are available on-line for those who cannot find them locally.

Those who suffer from a gluten intolerance often miss out on the delicious baked goods most people get to enjoy. In her first book, *Gems of Gluten-Free Baking*, former nurse and baker Wendy Turnbull unlocks the secret to baking all your favourite treats while still keeping a gluten-free diet-by using a carefully selected and balanced blend she calls GEMS Flour, a formula she reveals in this book. This blend of whole grain gluten-free flours holds many of the same properties as found in wheat flour. Breads are tasty, have a great texture, slice without crumbling, and stay remarkably fresh. By using GEMS Flour in her recipes, Wendy has transformed gluten-free baking into an endless array of possibilities. From quick breads and muffins, to cookies, bars, cakes, and pies, *Gems of Gluten-Free Baking* guarantees that those with a gluten intolerance will never long for their favourite baked goods again. With instructions to create your own GEMS Flour as well as tested, easy-to-follow recipes, this book is the must-have guide for anyone who wants to still enjoy baking and keeping gluten free.

s“As a celiac, physician, and mother of a celiac, I understand the importance of a blanced, tasty gluten-free diet. Baked goods are the most challenging part of the diet. *Gems of Gluten-Free Baking* is full of helpful information and excellent recipes. It is sure to become a fmaily favoorite.”-Susan K. Sutton, MD, CCFP“Wendy`s enthusiasm for baking is evident as she tempts us with delicious, mouth-watering recipes the whole family will enjoy. This book proves that quality gluten-free baking is achievable using nutritious whole grain gluten-free flours.”-Jacquelin Gates, RDAbout the Author Wendy Turnbull has been an adherent of the gluten-free diet for 30 years. Her passion is to improve and perfect the quality of gluten-free baking. Three members of her immediate family also have celiac disease. A former nurse, Wendy is also actively involved with the Calgary chapter of the Canadian Celiac Association. Excerpt. © Reprinted by permission. All rights reserved.I am delighted to pass along these delicious recipes everyone can enjoy, adapted for use with nutritious whole grain flours and suitable for any occasion. Whether a novice or an expert, I hope *Gems of Gluten-Free Baking* will be both educaitonal and inspiring. So warm up the kitchen, invite in family and friends and enjoy tasy home-baked goodies-one of life`s simple pleasures.