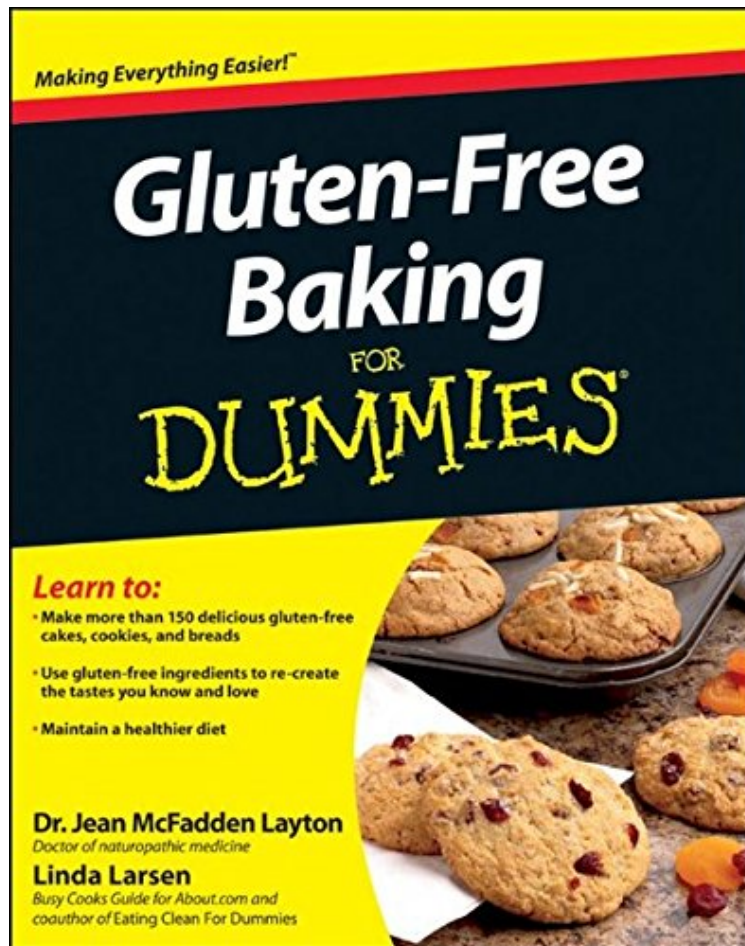


(Free) Gluten-Free Baking For Dummies

# Gluten-Free Baking For Dummies

Jean M. Layton, Linda Larsen

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#452706 in Books 2011-12-06Original language:EnglishPDF # 1 9.30 x .85 x 7.40l, #File Name: 1118077733392 pages | File size: 76.Mb

**Jean M. Layton, Linda Larsen : Gluten-Free Baking For Dummies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gluten-Free Baking For Dummies:

5 of 5 people found the following review helpful. Great "how to" with hintsBy Kate DI'm new to GF food and especially baking. I love to bake with wheat and am fairly accomplished. The book cautions forget everything you've learned about baking, GF is different. This helps you thru the transition with insights about the chemistry, nutritional properties of different flours, how to make various flour mixes (which is more economical and better than pre-mixed) and great recipes. Never fear, when you need to find the unusual flour, has a reasonable source and your local Asian market will help too.0 of 0 people found the following review helpful. Great Gluten Free CookbookBy sewmacI am so pleased with this cookbook. Have tried the biscuit recipe and it is the first time I have had a biscuit recipe that was good warmed up the next day. I have several other recipes marked to try. Great addition to my gluten free cookbooks.2 of 2 people found the following review helpful. Five StarsBy Linda BucherThis really helped me, most gluten free

bread is just nasty, there are some vegan alternatives, which I appreciate.

More than 150 tasty recipes for gluten-free bakingImagine baking without wheat flour. Impossible, right? Essentially, that's what you're doing when you bake gluten-free. Sure, there are replacement flours, but there's an art to combining those ingredients to re-create the tastes you know and love. Baking is truly the greatest challenge when cooking gluten-free, and more than 150 delicious, gluten-free recipes for baking cakes, cookies, and breads are coming fresh out of the oven to help you meet this challenge with *Gluten-Free Baking For Dummies*. Gluten-intolerant eaters have big concerns with baking, as wheat flour, a staple ingredient of many bread and baking recipes, is their greatest concern. *Gluten-Free Baking For Dummies* expands baking opportunities for those avoiding wheat, rye and barley flours, either for medical reasons or by choice. It offers you a wide variety of recipes along with valuable information about diet, health concerns, and kitchen and shopping basics. Discover new baking ideas and substitutes for common glutinous ingredientsEasy recipes and methods for baking more than 150 gluten-free cakes, cookies, and breadsTips and advice for shopping and stocking your kitchen*Gluten-Free Baking For Dummies* is for the millions of people who suffer from Celiac disease, their friends and family, and anyone looking for healthy and tasty wheat- and gluten-free baking recipes.

From the Back CoverMore than 150 tasty recipes to bake your (gluten-free) heart out Imagine baking without flour. Impossible, right? Sure, there are replacement flours, but there's an art to combining those ingredients to re-create the tastes you know and love. Baking is truly the greatest challenge when cooking gluten-free, and more than 150 delicious recipes for baking cakes, cookies, and breads are coming fresh out of the oven with *Gluten-Free Baking For Dummies*. *Gluten 101* — understand why gluten is harmful for those with gluten sensitivities, gluten intolerance, and celiac disease, and get the skinny on the ingredients and techniques you need to start baking gluten-free Get excited about being gluten-free — grasp the many benefits of being gluten-free and get your health on track by converting old family recipes to the gluten-free lifestyle How sweet it is — satisfy your sweet tooth with tons of recipes for all of your favorite sugary snacks, like cinnamon rolls, thin mint cookies, chocolate chip cookies, cupcakes, and many more Savor it — make all the savory, satisfying dishes you love, from pizza and pot pie to quiches and casseroles — and everything in between Open the book and find: What gluten is (and where it lurks) Symptoms of gluten sensitivity How to mix alternative flours to get the right flavor and texture How to make good dough you'll want to devour Tips for decoding confusing food labels Ways to convert traditional recipes to gluten-free Important gluten-free baking tips Learn to: Make more than 150 delicious gluten-free cakes, cookies, and breads Use gluten-free ingredients to re-create the tastes you know and love Maintain a healthier diet About the AuthorDr. Jean McFadden Layton is a doctor of naturopathic medicine, recipe creator and nutritionist who specializes in gluten intolerance and celiac disease. Linda Larsen creates and tests recipes for major food companies, is the *Busy Cooks Guide* at About.com, and is the coauthor of *Eating Clean For Dummies*.