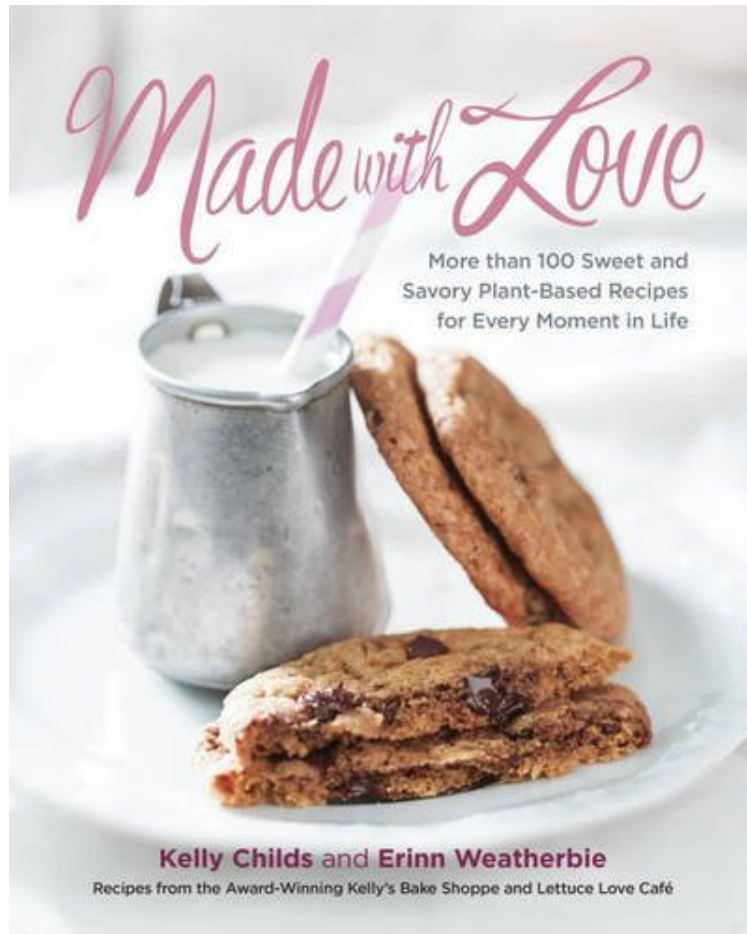


[Library ebook] Made with Love: More than 100 Delicious, Gluten-Free, Plant-Based Recipes for the Sweet and Savory Moments in Life

Made with Love: More than 100 Delicious, Gluten-Free, Plant-Based Recipes for the Sweet and Savory Moments in Life

Kelly Childs, Erinn Weatherbie
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Kelly Childs, Erinn Weatherbie : Made with Love: More than 100 Delicious, Gluten-Free, Plant-Based Recipes for the Sweet and Savory Moments in Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Made with Love: More than 100 Delicious, Gluten-Free, Plant-Based Recipes for the Sweet and Savory Moments in Life:

5 of 5 people found the following review helpful. Love Lettuce Love and Kelly's By LOLI am fortunate to go to Burlington for work 3-4 times a year. When I am there, I eat at Lettuce Love almost every day and make a stop at the bakery. My skin is glowing when I get home! I was so excited when I found out that they were publishing a cookbook. I have been waiting for months! There are recipes that cover a broad spectrum and my favorite bake shoppe items are there. World Peace Cookies, all my favorite cupcakes, and my very favorite nanaimo bars. Yum!!! The recipes are not

overly complicated and, even though there are some unusual ingredients, everything is probably already in your pantry if you already do gluten free baking. Many of my favorite dishes are there...kale salad, cesar salad, tomato protein soup and the grilled cheese! I can tell you from eating at the restaurant that everything here is delicious. My only small gripe is that they didn't include my two favorite things on the menu. First, they have these great bowl meals (power bowl is my fav) and they only included one recipe for the bowls. Second, they have the most amazing avocado fries and those were not there. But I guess I am being greedy! All in all, Kelly and Erin have done a great job with their restaurant and bakery and the book reflects the same level of quality. I am so happy to be able to bring some Burlington home with me now! 5 of 6 people found the following review helpful. ReturningBy BZ

The good: Overall, the photos and layout are beautiful! The book is extremely well written with just enough notations to make it personal without feeling wordy. The crisp photos showcase what they want to highlight. The editing is fabulous, the savory moments and drink sections started the book off with a bang!

The not so good: They really cram animal cruelty down your throat. Kind of unnecessary for the multiple times it gets mentioned. I get it, it's plant based. That aside my biggest source of disappointment was they use a "Gluten Free Flour Mix" in 95% of the baked goods. I'm assuming they're using Bob's Red Mill, but they never actually specify. I went onto their website where it lists BRM but only as a disclaimer for allergen purposes. Either way, I'm disappointed they use this type of application. Using a GF mix, plus additional starch on the side means your flour/starch ratio is almost 60:40 if not 50:50. Yes, starch is needed in GF baked goods and yes, those ratios will produce "what your accustomed to" baked goods, but totally unnecessary volume wise. Starch in any form can be hard to digest especially for people with allergies and intolerances. Seasoned GF bakers who do not use purchased blends and rely more on individual flour knowledge for results will not find this cookbook value added. I don't need a cookbook that tells me to use "my favorite GF bread and nondairy based cheese and nondairy butter replacement" for a grilled cheese. I want to know how to MAKE the bread, cheese and the butter replacement myself, not buy. Maybe that's my own fault, the marketing was genius, just not relative to people with true food allergies and health concerns. I was so excited for this book, but will be returning. I would recommend checking out at the library just to see the photos alone, but not worth the purchase.

0 of 0 people found the following review helpful. Not for beginnersBy piglet fan

I was torn between giving this 3 and 4 stars. If you are ever in Burlington, Ontario Canada treat yourself to a meal at Lettuce Love Café or a dessert from Kelly's XOXO bakeshop, you won't regret it. My problem was that the recipes are not true to the restaurant. The peace cookies in the cookbook contain a fair amount of chocolate whereas the ones in the bakeshop it is very minimal. Without disclosing the exact flour blend it would be difficult to duplicate what is available at the bakeshop. The Nanaimo bars were delicious but EXTREMELY expensive to make as it calls for 3 cups of crushed GF graham crackers which requires 2 boxes as well as the very expensive palm shortening. The book touts easy to find ingredients yet it took 10 stores including a trip to the U.S. before I was finally able to locate palm shortening which is in a lot of the dessert recipes. To make everyone else's life easier Spectrum All vegetable shortening is palm shortening and is available at Wegmans in NY state as well as on . The buttercream icing needed tweaking or it would have turned out more like a glaze than a pipeable icing. My chief complaint would be the cost to make these recipes. I'm very much aware that alternative cooking GF Vegan tend to be more costly but this book takes it to the extreme. The "parmesan" calls for 2 cups of Brazil nuts. Have you priced out Brazil nuts lately? Yikes!! The shortening that is used a LOT cost me \$9 for a small container. I have about 1/2 cup left after only 2 recipes. I'm a very experienced cook and baker and was able to get good results but I did need to tweak the recipes to have them turn out right. If you are a confident baker and can afford to splurge a bit then buy this book, the recipes are delicious. If you are new to vegan and/or GF baking this is not the book for you. I feel that the recipes did not properly translate from their bakery large batch to smaller home cook size. I also feel like they held back so that the recipes were not indeed the exact ones from the restaurant as stated.

The mother-daughter team behind the fabulously successful, award-winning Kelly's Bake Shoppe and Lettuce Love Café share their recipes for healthy, plant-based baking and cooking. In *Made with Love* you will discover delicious, accessible, plant-based recipes for every meal and moment of the day. The recipes come from Kelly and Erinn, the mother and daughter duo behind Kelly's Bake Shoppe and Lettuce Love Cafe. With more than 100 recipes for award-winning baked goods and savory favorites, *Made With Love* has something for everyone! From Chocolate Monkey Pancakes for breakfast, to Cumin-scented Corn Bread and Eggless Quiche for lunch; to Banana Butterscotch Loaf and Lemon Scones as your afternoon treat, or classic Chocolate Cake and Dulce de Leche Cupcakes for special occasions. As you leaf through the pages of this book it's as if you're walking through the door of Kelly and Erinn's beautiful bakery...and then leaving with all of their secrets! Kelly and Erinn share the story behind their decision to eat a plant-based diet, including the health benefits and the basics you need to get started. Their recipes are super-simple, and all the ingredients are readily available in regular grocery stores. Their recipes are vegan and gluten-free, using natural, plant-based ingredients, so that even those with extreme food intolerances can make their decadent baking and delicious meals at home. Kelly and Erinn are stars on the rise: gorgeous, healthy, successful entrepreneurs who always live up to their commitment to "Bake You Happy!". You will love this cookbook, filled with easy-to-prepare, healthy recipes, suitable for everyone.

About the Author KERRY CHILDS and ERINN WEATHERBIE are the co-owners of Kelly's Bake Shoppe and Lettuce Love Cafe in Burlington, ON. They opened their shop motivated by the desire to create mouth-watering baked goods but with healthy, guilt-free ingredients. Now, thousands flock to this delicious haven on a weekly basis to devour their cupcakes, cookies, cakes and much more. Visit Kelly and Erinn at www.kellysxo.com.