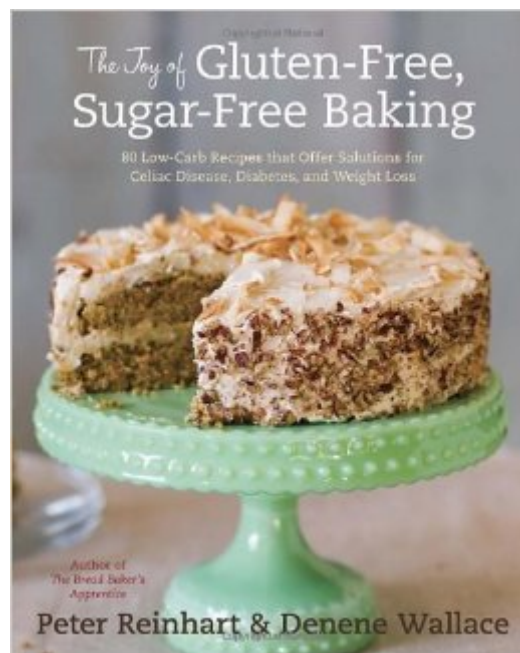


The book was found

The Joy Of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes That Offer Solutions For Celiac Disease, Diabetes, And Weight Loss



Synopsis

The first gluten-free baking book from legendary bread maker and James Beard Award-winning author Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugar dieters. Amazing, easy-to-make recipes that revolutionize baking for wheat sensitive, diabetic, and low-carb/low-sugar cooks. After more than two decades of research into gluten-free baking, bestselling author and legendary bread maker Peter Reinhart and his baking partner Denene Wallace deliver more than eighty world-class recipes for delicious breads, pastries, cookies, cakes, and more in *The Joy of Gluten-Free, Sugar-Free Baking*. Carefully crafted for anyone who is gluten sensitive, diabetic, or needs to reduce carbs to prevent illness or lose weight, these forgiving recipes taste just as good as the original wheat versions and are easier to bake than traditional breads. By using readily available or home-ground nut and seed flours and alternative and natural sweeteners as the foundation for their groundbreaking style of baking, Reinhart and Wallace avoid the carb-heavy starch products commonly found in gluten-free baking. Additionally, each recipe can easily be made vegan by following the dairy and egg substitution guidelines. Bakers of all skill levels will have no trouble creating incredibly flavorful baked goods, such as: Toasting Bread, Banana Bread, Nutty Zucchini Bread, and many styles of pizza and focaccia Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Cup Cookies Brownies and Blondies, Cinnamon-Raisin Coffee Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting Apple Crumble Pie, Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie. With Reinhart and Wallace's careful attention to ingredients and balancing of flavors, these delicious gluten-free baked goods with a glycemic load of nearly zero will satisfy anyone's craving for warm bread or decadent cake.

Book Information

Hardcover: 224 pages

Publisher: Ten Speed Press; 1 edition (August 14, 2012)

Language: English

ISBN-10: 1607741164

ISBN-13: 978-1607741169

Product Dimensions: 8.2 x 0.9 x 10.3 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (194 customer reviews)

Best Sellers Rank: #40,798 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #60 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #91 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

Customer Reviews

Being on pretty much a non-grain, non-starch, non-sugar eating plan for over a year, I've been anxiously seeking out a book like this. I am not gluten intolerant, I just eat closer to a paleo-style, but want a bit more variety and was hoping for good cracker and bread recipes. I wasn't disappointed. I made up the basic crackers, the "Any Nut" bread, and the "Hot Cross Buns" (which we've renamed the "Not Cross Buns"). The basic crackers were very simple to make and were delicious topped with a variety of salt-free seasonings I had sitting around. I made the "Any Nut" bread with walnuts and the minimal amount of sweetener called for. It was delicious and moist. The "Hot Cross Buns" were also quite delicious, but the group consensus was that these had no resemblance to the flavor of Hot Cross Buns, and therefore should not be called that (also, we decided to use a powdered-sugar glaze, powdered artificial sweetener just doesn't cut it as a glaze in my opinion). This book uses primarily nut flours in almost every recipe. This book is not for people with nut allergies. The recipes also use eggs. This is great for me since I love eggs and nuts, but people should be aware. Nut flours tend to be expensive (since nuts themselves are expensive) so I don't know if people will make these recipes as much as they would were nut flours the same price as wheat flour; however, that being said, recipes made with nut flours are very filling .. so your baked goods feed more people for the same size, or you will have them around longer. For those people familiar with Peter Reinhart cookbooks, I can say that the recipes here are much less fiddly and simple to prepare.

[Download to continue reading...](#)

The Joy of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss
Low carb cookbook: 35 delicious snack recipes for weight loss.
Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1)
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)
Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes,

Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Baking: 1001 Best Baking Recipes of All Time (Baking Cookbooks, Baking Recipes, Baking Books, Baking Bible, Baking Basics, Desserts, Bread, Cakes, Chocolate, Cookies, Muffin, Pastry and More) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating)