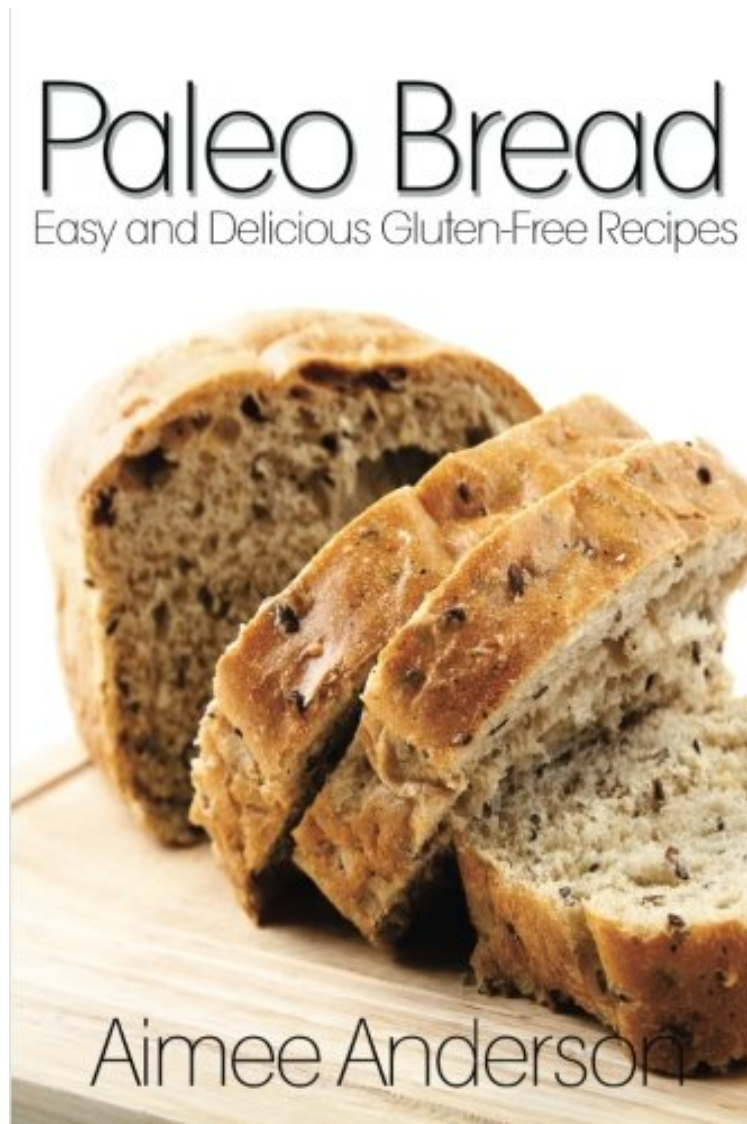


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Paleo Bread: Easy and Delicious Gluten-Free Bread Recipes (Paleo Recipe Books) (Volume 1)

Aimee Anderson

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Aimee Anderson : Paleo Bread: Easy and Delicious Gluten-Free Bread Recipes (Paleo Recipe Books) (Volume 1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Bread: Easy and Delicious Gluten-Free Bread Recipes (Paleo Recipe Books) (Volume 1):

23 of 24 people found the following review helpful. Recipes don't work!By YvonneI have tried several of these recipes and most of them are a flop! I measure with a scale and most of the time I have to throw away the final result. I had to go on-line to find a good Paleo Bread recipe and I have found several that really work! This book was a waste of my money and all of the ingredients are very expensive so you waste even more when you have to throw away the finished product. When a recipe calls for you to roll the dough and it is soup, that tells you that there is something wrong. I bake all the time and this book is so off that I am surprised that no one noticed it before. Don't buy this book just go on-line for any Paleo Bread recipes and don't get recipes from Anee Anderson!13 of 14 people found the following review helpful. Don't make the carrot cake!By ElenThis review is based on the carrot cake recipe--the only recipe from this book that I have tried.I'm new to gluten free baking, so after getting this book I decided to try what looked like the easiest sweet bread recipe: carrot cake. The ingredients looked simple enough, nothing too strange or hard to come by, with coconut flour being the only ingredient I had to go out to buy. As I started to mix the ingredients, I thought "wow, this is really dry!", but figured that it must be normal in gluten free baking. I followed the recipe to the T, but when I pulled it out of the oven, even though it smelled delicious, I knew that there was something really wrong with my carrot cake.The cake was dry, really dry, so dry that it was crumbling apart. It looked like sand and tasted only a little better than sand. There was no flavor, it dried out my mouth, and I couldn't even finish a single slice (if you could call a spoonful of crumbs a slice). I ended up giving the rest of my serving to my dog, who eats anything including horse poop, but even he promptly spit it out.If others find this book helpful, worth the purchase, then good for them. As for me, I'm not willing to waste any more time and money making recipes that may or may not be edible.1 of 1 people found the following review helpful. Good information for gluten-free cookingBy Whistlers MomI am going to tentatively give this four stars because I love the clear, comprehensive information on gluten and on the difference between celiac disease and gluten intolerance/sensitivity. I'm sure there are other books dealing with the symptoms, long-term effects, and difficulty of diagnosing celiac disease, but this is one of the best I've read.I also loved the section on making almond milk and flour and coconut milk, flour, and cream. For me, this section alone makes the book worthwhile reading. I have been using coconut oil, but was not aware that I should be looking for the "cold-pressed" label. I appreciated the author mentioning that home-made bread need to be eaten quickly or refrigerated or frozen. Many who are accustomed to breads with preservatives have problems with this.I have not yet tried the recipes, but I have (for several months) been making breads using coconut oil and almond or coconut flour and I can testify that they satisfy even those who are firmly opposed to any type of "health food!" I will be particularly interested to try the tapioca flour dinner rolls, as I really miss this type of bread. I may adjust this review up or down at a later date, but I think the opening information would be of help to many readers.

Are you on the Paleo diet and finding yourself craving bread? Eating clean helps you to look and feel great, but it isn't without its sacrifices. For most people, the most difficult sacrifice is traditional breads made from wheat flour. Thanks to Paleo bread recipes, you can have your bread and eat it guilt-free because all of the ingredients conform to the tenets of the Paleo diet. These recipes use nut flours and other gluten-free ingredients to craft delicious and aromatic breads the entire family will love. Here's a sampling of the many recipes found in this handy guide:Almond butter bread.Apple cinnamon nut bread.Banana bread.Cinnamon bread.Fruitcake.Strawberry shortcake.Sweet potato bread.Zucchini bread.Almond meal pancakes.Paleo bagels.Garlic herb bread.Microwave quick bread.Pizza crust.Blueberry breakfast rolls.Dinner rolls.Strawberry muffins.and more... In addition to the gluten-free Paleo bread recipes, there are recipes included in the book for many of the natural ingredients, so you can make them at home in order to save money and make sure you know exactly what's in the food your family is eating. You'll learn how to make the following ingredients:Almond milk.Almond flour.Almond butter.Almond meal.Cashew butter.Coconut milk.Coconut flour.Coconut cream.Coconut oil.Citrus zest. Buy this book today and get started making healthy and delicious Paleo breads.