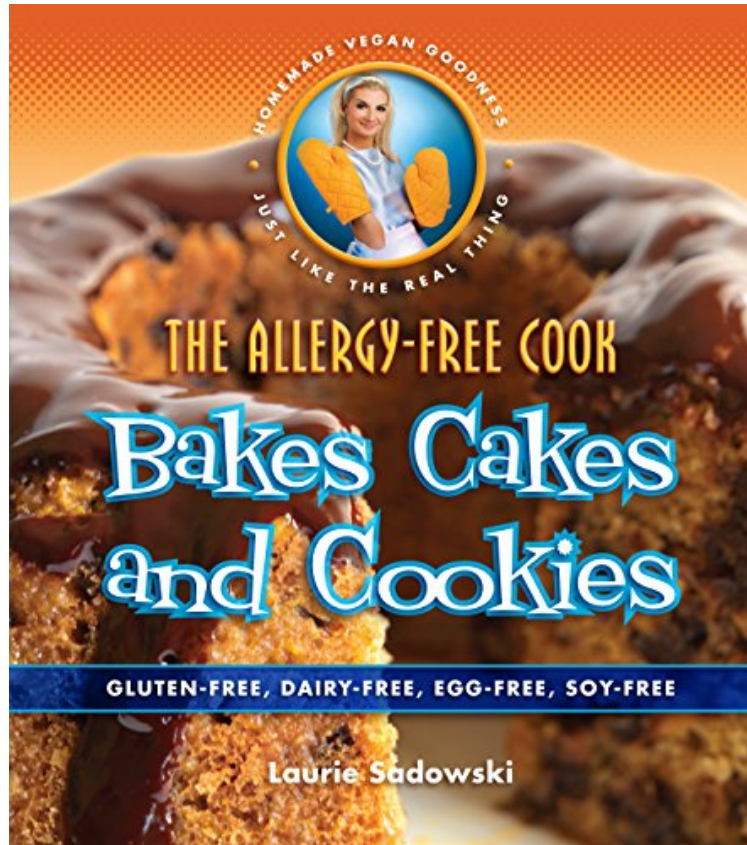


(Pdf free) The Allergy-Free Cook Bakes Cakes Cookies

The Allergy-Free Cook Bakes Cakes Cookies

Laurie Sadowski

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Laurie Sadowski : The Allergy-Free Cook Bakes Cakes Cookies before purchasing it in order to gage whether or not it would be worth my time, and all praised The Allergy-Free Cook Bakes Cakes Cookies:

5 of 5 people found the following review helpful. Really HelpfulBy Ruth LarkinI bought this cookbook because this past winter I learned that I can't eat gluten, dairy, eggs, soy, or corn. For a while I just gave up on baking, but with my birthday approaching, i decided that I didn't want to just pass on having a birthday cake. I made brownies with chocolate chip cookies on top and peanut butter frosting. And it was pretty good! Even my gluten, egg, and dairy eating family liked it. I've tried several other recipes and liked them all. I especially like the tahini chocolate chunk cookies--fast, easy, tasty, and a minimum of ingredients, so I usually have everything. There is even a mint chocolate no bake brownie that doesn't have grains at all! (It's pretty good too!)I don't always use the same flours the author suggests, but things usually turn out any way. I like the different tastes different flours add. Not the same as gluten-baking, but not bad, just different. Overall, recipes seem to be pretty forgiving to alterations.0 of 0 people found the following review helpful. I absolutely love this cookbook because the first section is a wealth ...By Karen ShannonI absolutely love this cookbook because the first section is a wealth of information. Not only does Laurie give a basic explanation of food allergies and sensitivities, but she also gives the reader a bunch of tips and background info on

gluten-free and allergy-free baking. Let's face it - trying to bake things without ingredients such as conventional flour, eggs, dairy and/or soy can be tough if you don't know what you're doing. Laurie does a fantastic job of listing the various alternative options for conventional flour, sweeteners, eggs, etc. and explaining how each one works. In easy-to-understand terms, no less! One of the best parts of this section is a table that includes properties of different kinds of flour to help determine which are interchangeable. SO convenient. As if that information wasn't enough, before each "chapter," she provides tips for troubleshooting for if/when you need 'em. Brilliant. 1 of 1 people found the following review helpful. We have made 4 recipes so far and they all are Excellent in our book By THERESA S. My 15 yr old son and I are gluten, dairy, egg etc.. intolerant. This Bake Book is divine. We have made 4 recipes so far and they all are Excellent in our book. We change out different ingredients because i am intolerant to teff and he to yeast and almond. You will Not be sorry with this purchase. We look forward to the next new recipe we try.

A follow-up and companion to *The Allergy-Free Cook Bakes Bread*, this book is designed for anyone who needs to avoid gluten, dairy products, and other common food allergens but doesn't want to feel deprived. Now those with food sensitivities can fearlessly indulge in rich cakes, moist cupcakes, tender cookies, gooey bars, and crunchy biscotti. These sweet treats are perfect for everyday snacks, fun celebrations, morning brunch, and everything in between. Laurie explains how to interpret food labels, prevent cross-contamination, and make ingredient substitutions, and provides detailed information on gluten-free flours and other essential ingredients for an allergy-free kitchen. All recipes indicate whether they are free of dairy, eggs, gluten, nightshades, soy, wheat, legumes, nuts, peanuts, seeds, or yeast. Especially helpful for people with celiac disease, families living with autism or ADHD, and anyone who wants to avoid animal-based foods, *The Allergy-Free Cook Bakes Cakes and Cookies* provides guidance and recipes for those who want to eat safely, compassionately, and nutritiously, without sacrificing a single crumb of delicious flavor.

The Allergy-Free Cook Bakes Cakes and Cookies by Laurie Sadowski takes no shortcuts, but yields wonderfully fresh tasting and flavorful baked goods without gluten, dairy, egg or soy---no easy feat. Baking both vegan and gluten free is a balancing act akin to the feats of Chinese acrobats. It takes skill and artistry, and if done right, the results are awesome. Laurie Sadowski has achieved this using fresh, real ingredients like millet and sorghum flours, coconut oil, avocados, tahini and flaxseed to create an array of cookies, cakes, bars and cupcakes...Overall it is a winner for the home baker who enjoys using quality ingredients for fantastic results. --Amy Siegal, *Gluten Free Maven* From the Inside Flap Laurie Sadowski is a certified personal trainer, nutrition and wellness specialist, and yoga instructor. She moonlights as a musicologist and loves to spread awareness about balanced living, cooking, and baking. About the Author Niagara-based Laurie Sadowski's love of food began at a young age, but her creativity in the kitchen began when she was diagnosed with celiac disease. Adopting a vegan diet led to further interest in everything food, soon winning the vegetarian category in a national recipe cook-off and becoming a regular food columnist for her local newspaper. Her love of food and helping others resulted in freelancing as a food writer and becoming a published cookbook author. Her books, *The Allergy-Free Cook Bakes Bread* (2011), *The Allergy-Free Cook Bakes Cakes and Cookies* (2013), and *The Allergy-Free Cook Makes Pies and Desserts* (2014) are devoted to gluten, dairy, egg, and soy-free baked goods that taste just like the real thing.