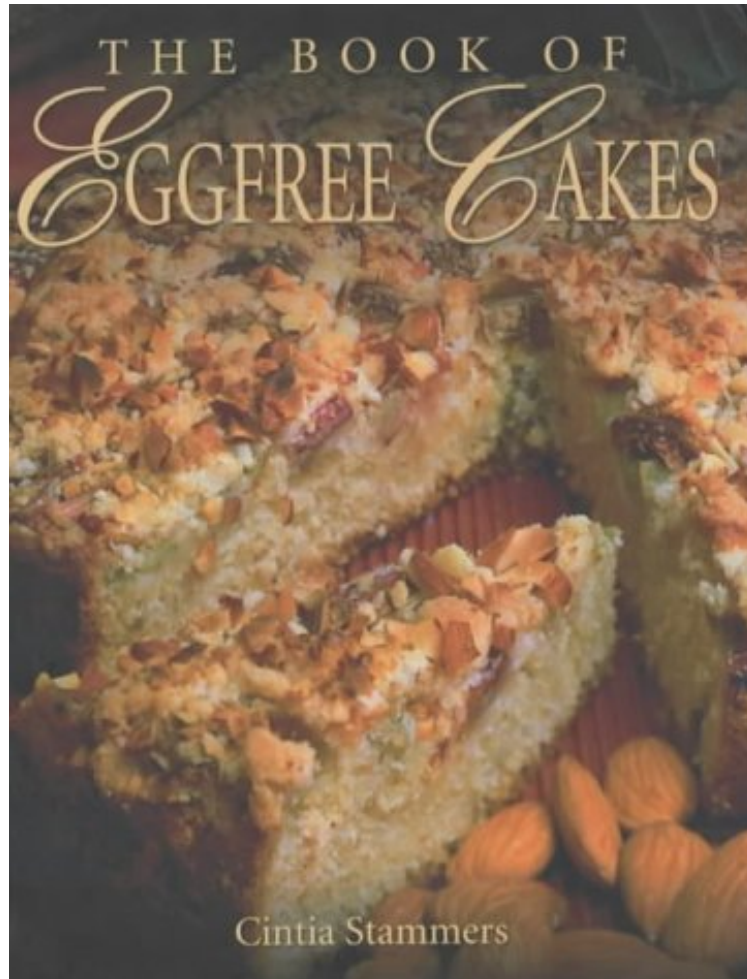


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The Book of Egg Free Cakes

C. Stammers

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C. Stammers : The Book of Egg Free Cakes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Book of Egg Free Cakes:

0 of 0 people found the following review helpful. This book allows people to create wonderful recipes without using eggBy Ramesh YerramsettiThis book allows people to create wonderful recipes without using egg. Egg adds to cholesterol of modern people with their drive through culture and non active living. Also, eggs are harboring living entities and it may not be proper to check their progress in life. The book helps my wife to prepare carrot and sponge cakes. I purchased the first at a bookstore and the second here on as a gift to my friend.Waiting eagerly if Ms. Stammers can write a sequel on American vegetarian dishes.0 of 0 people found the following review helpful. Okay for under \$20By Chandana R.I had great hopes for this book, and had been looking for it for a long time. The first time it was on , it was priced at over \$1000. I kid you not. Finally, when it came down to a decent price for cake book, I bought it. Some recipes are good, but nothing seems exceptional. I have been baking for a long time, and expected

something a little more creative and interesting. But, it's a decent addition to my baking shelf. 0 of 0 people found the following review helpful. Every Vegetarian should have it on their kitchen counter By Patilbaba Its the best gift I have ever found and given to my wife. Now she bakes the best vegetarian cakes. Also the preface has given philosophy about why we should be vegetarian and how to offer the cooked food to God and then have it as prasadam.

The concept of making cakes without eggs may sound difficult, but it is not new. Cintia Stammers has spent several years collecting, testing and refining recipes worldwide. This resulting book contains more than 200 recipes that show how imaginative egg free cakes can be. The recipes are based on the principle that "you are what you eat", leaning towards low-sugar, low fat and low cholesterol ingredients with emphasis on flavour, simplicity and health. For those who cannot eat eggs because of allergy or because they have chosen to cut them out of their diet, this should prove to be a handy book.