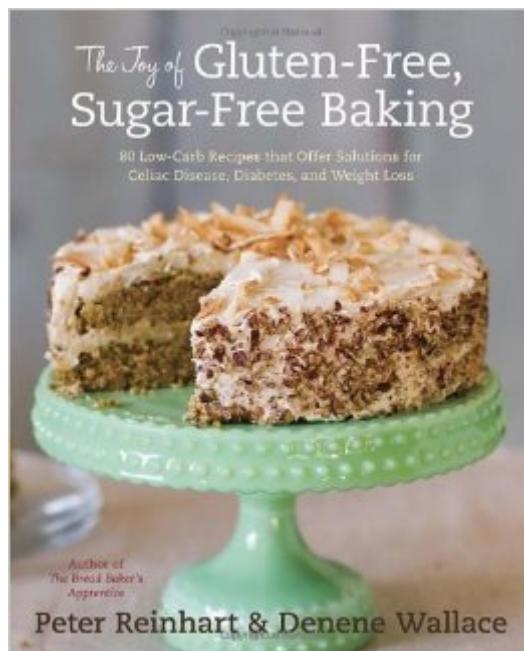


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The Joy Of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes That Offer Solutions For Celiac Disease, Diabetes, And Weight Loss



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.

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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.

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