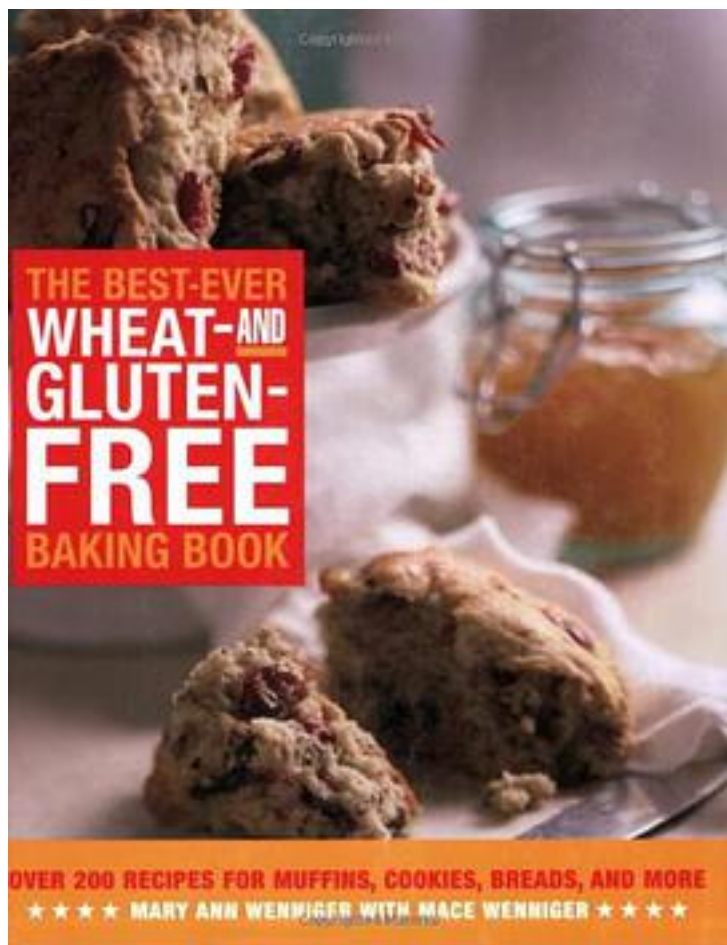


Best Ever Wheat and Gluten Free Baking



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著者:Wenniger, M

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There was a time when being diagnosed with celiac disease or learning you had a sensitivity to wheat or gluten meant a lifetime of dry, tasteless baked goods that crumbled in your hands and often weren't worth the effort you put in to make them.

Not any more Today, easy-to-use alternative flours, grains, and flavorings are on supermarket shelves everywhere, which means you don't have to learn any new baking techniques or search the Internet for untried ingredients with names you can't pronounce. In this book you'll find more than 200 easy-to-follow recipes -- from moist and hearty breads and muffins to sweet-tooth-satisfying cookies, cakes, and pies -- that friends and family will devour. Made with a variety of healthful grains and flours that are packed with protein, these tasty treats will boost energy levels and lift spirits. Recipes include: ULLI Chocolate Chip CookiesLIBlueberry MuffinsLIBaked Rice PuddingLIBirthday CakeLIBrowniesLICornbread LIAnd many more /UL

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