



The Joy of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss

Peter Reinhart, Denene Wallace

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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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As people who live in the modest era should be change about what going on or details even knowledge to make all of them keep up with the era and that is always change and progress. Some of you maybe will update themselves by examining books. It is a good choice for you but the problems coming to you is you don't know which you should start with. This *The Joy of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss* is our recommendation to help you keep up with the world. Why, because this book serves what you want and need in this era.

Ernest Poole:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled *The Joy of Gluten-Free, Sugar-Free Baking: 80 Low-Carb Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss* can be good book to read. May be it is usually best activity to you.

Alexandra Stafford:

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Recipes that Offer Solutions for Celiac Disease, Diabetes, and Weight Loss nevertheless doesn't forget the main position, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information may drawn you into new stage of crucial considering.

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