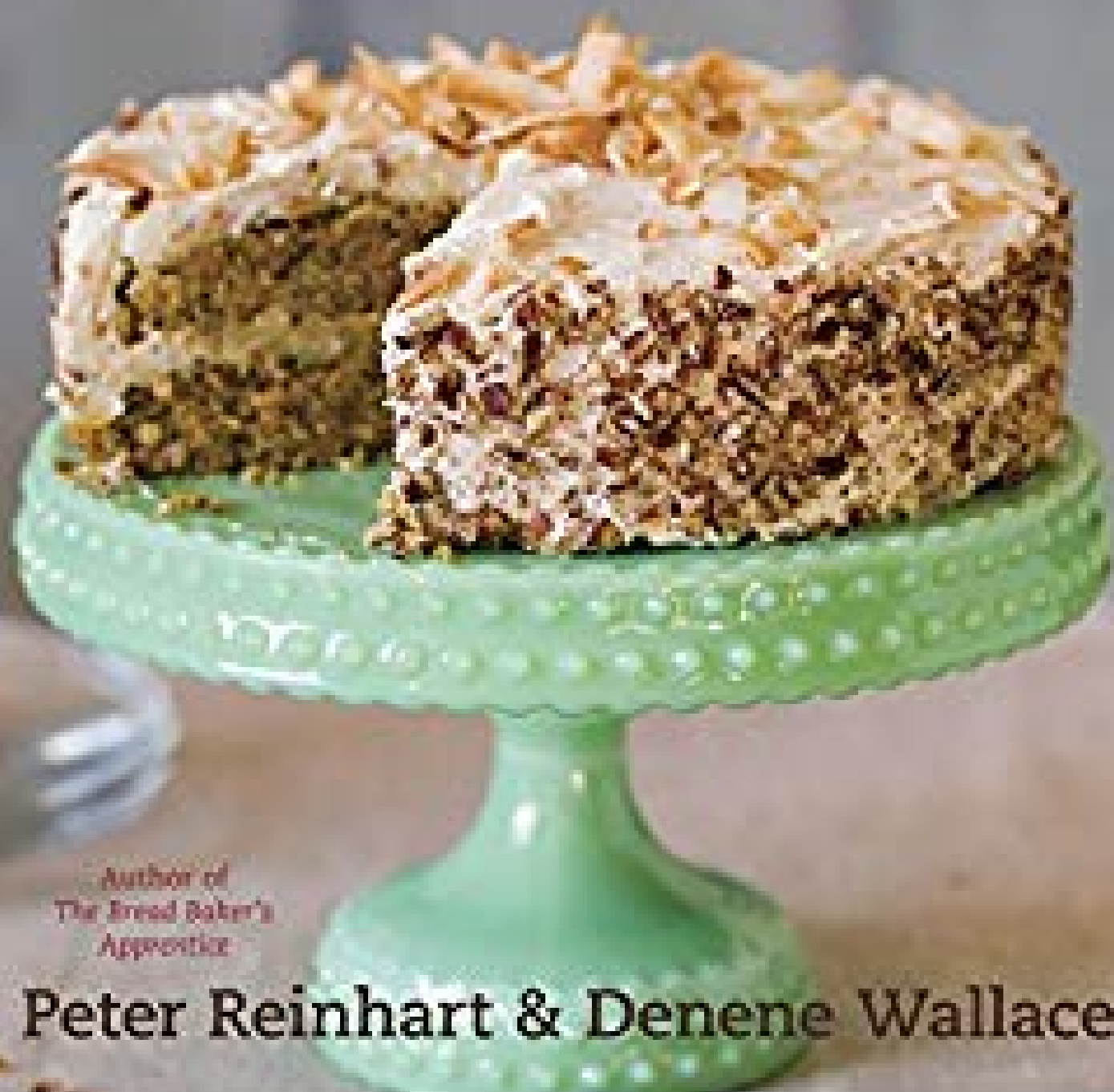


# The Joy of Gluten-Free, Sugar-Free Baking

80 Low-Carb Recipes that Offer Solutions for  
Celiac Disease, Diabetes, and Weight Loss



Author of  
*The Bread Baker's  
Apprentice*

**Peter Reinhart & Denene Wallace**

Peter Reinhart

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



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The first gluten-free baking book from legendary bread maker and James Beard Award-winning writer Peter Reinhart, with 80 world-class recipes suitable for wheat sensitive, diabetic, and low-carb/low-sugars dieters. Cheddar Cheese and Pecan Crackers, Herb Crackers, Garlic Breadsticks, and pretzels• Apple Crumble Pie, Pumpkin Pie, Berry Pie, and Vanilla, Chocolate, or Banana Cream Pie After more than two decades of analysis into gluten-free baking, bestselling writer and legendary bread maker Peter Reinhart and his baking partner Denene Wallace deliver more than eighty world-class quality recipes for delicious breads, pastries, cookies, cakes, and more in The Joy of Gluten-Free, Sugar-Totally free Baking. Additionally, each recipe can simply be made vegan by following a dairy and egg substitution guidelines.and are better to bake than traditional breads. Through the use of readily available or home-floor nut and seed flours and substitute and natural sweeteners because the foundation because of their groundbreaking design of baking, Reinhart and Properly crafted if you are gluten delicate, diabetic, or must reduce carbs to avoid illness or lose pounds, these forgiving recipes taste just as good as the original wheat variations— With Reinhart and Wallace' Bakers of most skill levels could have no problems creating extremely flavorful baked products, such as for example:• Brownies and Blondies, Cinnamon-Raisin Espresso Cake, Pound Cake with Crumb Topping, and Carrot Cake with Cream Cheese Frosting• Amazing, easy-to-make quality recipes that revolutionize baking for wheat delicate, diabetic, and low-carb/low-sugar cooks. Blueberry-Hazelnut Muffins, Lemon and Poppy Seed Scones, and pancakes and waffles• Coconut-Pecan Cookies, Lemon Drop Cookies, Biscotti, and Peanut Butter Glass Cookies• Toasting Bread, Banana Loaf of bread, Nutty Zucchini Breads, and many styles of pizza and focaccia• Wallace steer clear of the carb-heavy starch items commonly found in gluten-free baking. s careful attention to substances and balancing of tastes, these delicious gluten-free baked goods with a glycemic load of almost zero will satisfy anyone's craving for warm loaf of bread or decadent cake.



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My suggestion to you readers thinking of buying this book is to await a revised version where the sweet recipes use a lower carb version of sweetener that actually tastes good, and provides carb counts. Being on pretty much a non-grain, non-starch, non-sugar eating plan for over a 12 months, I've been anxiously seeking out a book such as this. I am not gluten intolerant, I just eat closer to a paleo-style, but want a bit more range and was hoping for great cracker and bread quality recipes. Though that type flour is becoming more available and currently found even at Costco, I've previously had to purchase it from Honeyville Farms advertisement find it a most expensive ingredient. I composed the essential crackers, the "Any Nut" breads, and the "Hot Cross Buns" (which we've renamed the "Not really Cross Buns"). The basic crackers were very simple to make and were delicious topped with a number of salt-free of charge seasonings I had sitting around. I simply have no idea how well the sweeter dishes would turn out, I've my reservations on that. It is an excellent food for diabetes I purchased this reserve few years back. They're tasty and appealing. With a nutritionist as co-author there is no reason for this.. The recipes also make use of eggs..Nut flours are generally expensive (since nuts themselves are costly) 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; nevertheless, that said, recipes made out of nut flours have become filling . With all the current recipes one will discover online, including carb counts, their absence thereof significantly decreases the benefit of this reserve. They seem to have the info since in talking about carb counts in the intro they mention the toasting bread on page 34 is only 1g net carb per slice, but also that recipe will not list net carbs!For those people familiar with Peter Reinhart cookbooks, I could say that the quality recipes here are significantly less fiddly and easy to prepare. He does go into long explanations about substances and methods early in the reserve (which I enjoy), but unlike his bread books, you could be consuming crackers or nut bread in a hour or two of great deal of thought that is really nice. One more thing . This book isn't for those who have nut allergies. Not really a fan of the hard-to-find nut flour quality recipes. Those are the only things I have made so far, but they have all turned out very, very well. I produced the "Any Nut" bread with walnuts and the minimal amount of sweetener called for. Has guarantee but doesn't deliver Don't like their sweeteners of choice in these recipes, maintaining be things like Stevia in the Natural and Splenda Equal Measure that bring carb laden fillers and frankly taste awful. Fortunately they do provide a good intro that lets you know how to make use of liquid stevia concentrate rather, though I've however to try that.. I managed to get as written and discovered it WAY too nice with the frosting, believed the cake, made out of a different sweetener, will be good on your own as a loaf. Also made the savory sweetener free of charge Italian Herb Bread that is great, at least when made with the very expensive finely processed almond flour that dominates the majority of the quality recipes in this book. I wasn't disappointed. And as at least one other review has mentioned, zero carb counts. This book uses primarily nut flours in almost every recipe. The generic no recipe is over 10g of carbs per portion, (paraphrased from,) that one finds in the intro is definitely grossly insufficient. so your baked products feed more folks for the same size, or you should have them around longer. If you are looking for things to taste like wheat products, they don't really.! I was excited to get the site published in the intro, wishing they had gone back again and posted the diet and carb counts right now there, but I could not really find them..Amazed. (Hint: even this nonprofessional low carb baker will beautifully with erythritol which they condemn as generating inferior outcomes, yet I've turned out stellar breads over and over with this sugar alcoholic beverages. ) Until then basically google the sort recipe you want to to create and preface it with "low carb". You can find so many great free websites out there with fantastic low carb recipes that not only have got the carb count included, but an assessment function that allows you to observe

how the general public offers succeeded with the recipe or how they may have transformed it. Hard printing cookbooks are passe, especially types with such limited info posted. Nevertheless, if you are searching for breads and cakes created from other things that taste good on their own, then this is it. I've a child who's on the ketogenic diet for epilepsy, and these quality recipes are easily adaptable for ketogenic cooking food. If you are looking for low-carb quality recipes, I recommend this book. These dishes have transformed my son's world. He unquestionably cannot eat more than a very extremely little bit of carbs per meal, and these recipes suit you perfectly (adapted to his requirements). His world is dramatically improved because of these recipes. The "Popular Cross Buns" had been also quite delicious, but the group consensus was these got no resemblance to the flavor of Scorching Cross Buns, and therefore should not be called that (also, we made a decision to use a powdered-sugars glaze, powdered artificial sweetener just doesn't cut it as a glaze for me).! But then, they're not created from wheat products. Super low carb, sugar free baking This book is among the best purchases I have ever made. Doesn't have a single. The blueberry muffins are light and fluffy, with a light crumb consistency. The brownies are rich and dense, with a full dark chocolate flavor. The toasting loaf of bread is normally nutty and flavorful, excellent with [ketogenic] jam. I just don't like the taste of "a lot" of stevia, and I mainly stay away from Splenda. We cannot say more than enough good stuff about this book; for this reason book, my 12-year old child had his 1st ever sandwich last month. Before, he could only have the meats. Imagine likely to school and having to describe that you can't have bread -- only meat and cheese. I flavor everything I serve him, and I would eat these things for myself. In case you are on the fence, let me encourage you to take the opportunity. These recipes are excellent. Sugar free Haven't tried it yet but seems to be as advertised. It had been delicious and moist. It really is an excellent meals for diabetes. I bake plenty of breads. Five Stars I like baking with nut flours plus some of the quality recipes are really good. Many of the recipes have come out as complete failures, usually being much too dry. I don't know what strange kind of almond flour the writer uses, nonetheless it behaves nothing like mine. With my most recent attempt, I doubled the quantity of unwanted fat and added a 4th egg, and it had been still a batter instead of a dough. The sentence in the introduction "All of the nut and seed flours are interchangeable" should give anyone pause - I dare you to replace almond flour with coconut flour or chia seed flour. I have two different almond flours in the kitchen, with one factor 2 difference in fat articles, and blanched almonds are another aspect 2 fattier. Just how do the authors expect such differences to not matter? I give it two stars rather than one because of the fine execution and including gram measures in most places. Two Stars Meh recipes.. That is ideal for me since I really like eggs and nuts, but people must be aware. The Joy of Gluten Free Sugar Free Baking I absolutely love the recipes in the publication! I haven't tried any of the "sweet" recipes. ..Have made two of the recipes, the first becoming the cake upon the cover. Not a fan of the hard-to-find nut flour recipes. Haven't used the book once. Expected a bagel type recipe. These dishes are manageable, user friendly, and an easy task to manipulate to fit your purposes. Very failure-prone due to not really considering differences in flour. Five Stars Enjoying the recipes.



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