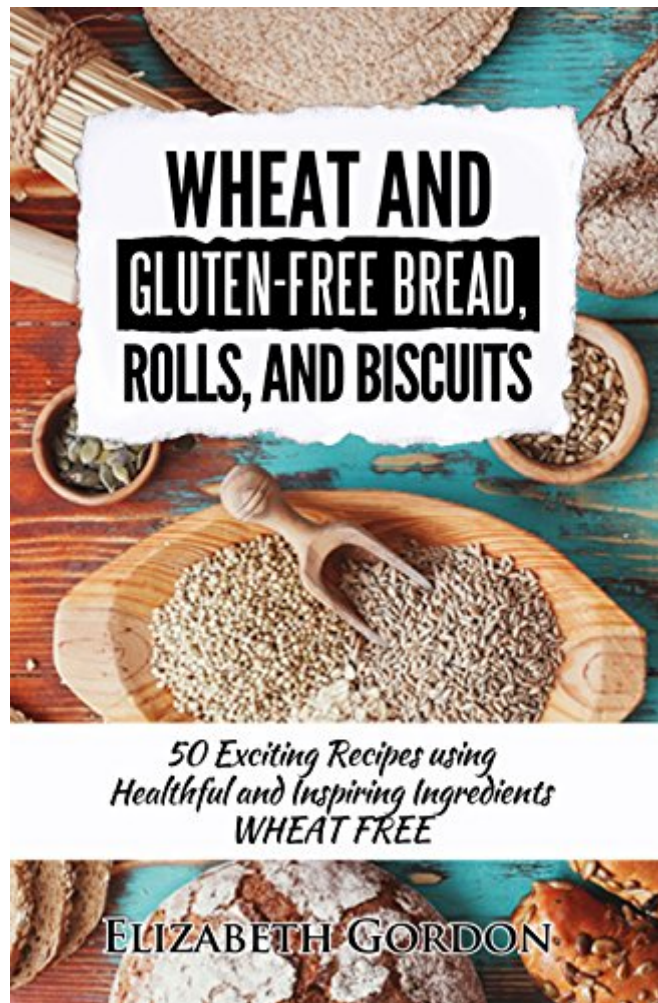


The book was found

Wheat And Gluten-Free Bread, Rolls, And Biscuits: 50 Exciting Recipes Using Healthful And Inspiring Ingredients WHEAT FREE



Synopsis

50 Gluten Free, Wheat Free recipes for baguettes, sandwich loaves, rolls, hamburger rolls, focaccia and not only savoury but sweet recipes too. If you are following the Paleo Diet or even if you are on Candida or just going gluten free, you will be hunting for new recipes for bread, rolls and biscuits to make sandwiches and to top with all your favourite meats, cheeses or spreads. I am very enthusiastic about these recipes and as you read through them you will see why: exciting, wholesome ingredients with new flavours that will make any meal containing bread an explosion of taste and flavour – so much more exciting and indeed healthy than that awful pre sliced white bread you get in plastic bags en masse at the supermarket. Learn about the amazing ingredients out there other than wheat: buckwheat, coconut, quinoa, chickpea, millet, teff and tapioca. Experiment with flavour: cinnamon, lemon, honey, pumpkin, onion, chestnut and parmesan. Enjoy bread, but look after your digestive health at the same time.

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Customer Reviews

Wow! This book blew me away with all the important benefits of eating a completely wheat and gluten free diet. I particularly enjoyed the advice given about different recipes that are still tasty without wheat. Additionally, I have been on a wheat and gluten free diet since before reading this

book but I am still looking for a bread recipe for breakfast or for my dinner and this is really helpful for me. And I feel healthier and stronger than I have felt in a very long time. My favorite bread rolls is polynesian coconut rolls. Delicious and fulfilling.

A month ago, I found out that I am intolerant to gluten. I have to completely change my diet, and now I'm looking for gluten-free diets. In this book, I found a great recipes for making bread and a variety of pastry, and all that is gluten free. The recipes are really good, well explained and easy to prepare. But in this book, in addition to good recipes, I was fascinated by good and useful information of gluten-free diet. All praise to the Author! Recommendations for those who want and who need to eat gluten-free baked goods.

I tried the Honey Oat Bread last night. It was not the worst gluten-free bread recipe I have tried over the last 9 plus years, but it certainly was not the best. After trying scores of gluten-free bread recipes, I am still searching for the one that no longer makes me feel deprived of real bread. I have been successful with cookies, pies and other baked goods but a really good gluten-free bread still eludes me. That said, this book provides a jumping off point to experiment with, but at least with the one recipe I tried was poorly lacking in directions. Who makes a yeast bread but does not allow any time for the bread rising? I let it rise until doubled, about 20 minutes, and then popped it in the oven. It would have been a very flat bread if I had followed the directions. It did not rise a single bit after it was placed in the oven. Since the directions were lacking, I only gave it three stars. I debated on giving it only two. For the novice gluten-free baker, since important steps like letting the dough rise are missing, this book might be a little difficult to achieve good results. For the experienced gluten-free baker, it might be a decent jumping off point, but there are better recipes available. After some more editing and experimenting on the author's part, it might be a decent and maybe even a good book.

This book is great for people who want to eat healthy bread, rolls and biscuits. I was surprised to find that it contained so much information. This book is written by the best bread author in the country. This is a treasure trove of practical recipes for any family. I have made several recipes with very good results. I learned a bit about how important the quality of the ingredients is.

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