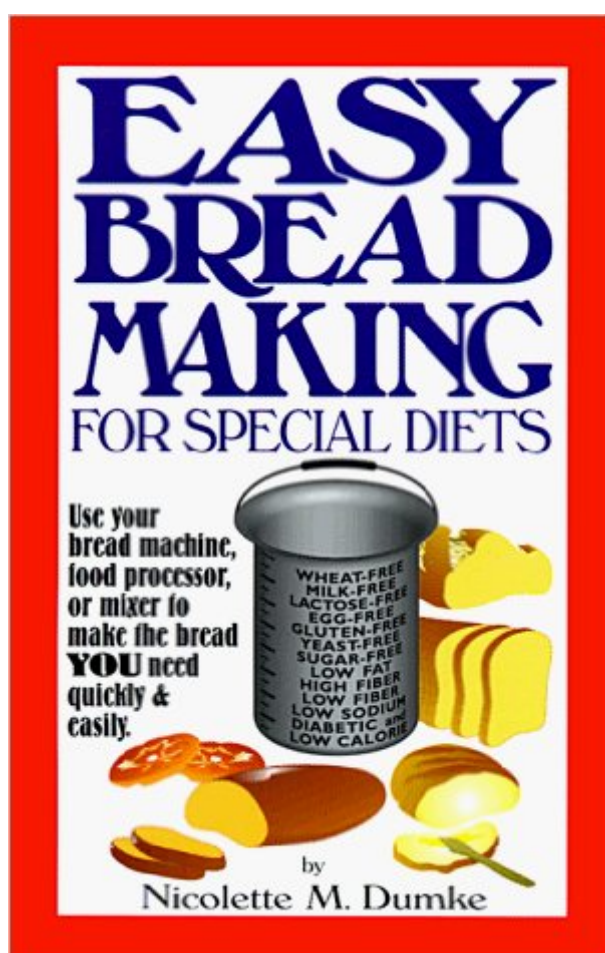


The book was found

Easy Breadmaking For Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber



Synopsis

With this book you will spend less time in the kitchen by having your bread machine, food processor, or mixer share the workload of baking for a special diet. It contains 195 recipes for allergy and other special diets. 135 of the recipes in the book are free of wheat, milk, eggs, corn, and soy; a chapter of yeast-free breads is also included. The book contains recipes for breads of all kinds, main dishes, and desserts. The information about bread machine features will help you choose the machine that best meets your needs at a reasonable price.

Book Information

Paperback: 256 pages

Publisher: Allergy Adapt, Inc.; 1 edition (January 1997)

Language: English

ISBN-10: 1887624023

ISBN-13: 978-1887624022

Product Dimensions: 8.5 x 5.6 x 0.6 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.8 out of 5 stars Â See all reviews Â (22 customer reviews)

Best Sellers Rank: #1,475,581 in Books (See Top 100 in Books) #85 in Â Books > Health, Fitness & Dieting > Nutrition > Fiber #369 in Â Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #1024 in Â Books > Cookbooks, Food & Wine > Baking > Bread

Customer Reviews

I'm surprised at the one star reviews for this book. We are a food allergic family (primarily nuts, oats, egg and milk free) and LOVE this book. We use 2 recipes in particular almost every week: dinner rolls (p. 126 and p. 138) and the basic white bread (p. 61). My copy of this book has cooking stains all over it because we have used it so much with our bread machine, also purchased from . This combo has been the most healthy, delicious and cost-effective food decision we've made. I am sad that some of the one star reviewers don't seem to understand or read the book, or also have no basic understanding of baking. It says clearly on the cover "Use your bread machine, food processor, or mixer to make the bread." Of course, if you choose to HAND KNEED bread you can certainly do so, and in fact she tells you how to on p. 52. But you cannot fault the book for using rudimentary tools, and disclosing that on the cover. Other reviewers don't seem to have a rudimentary understanding of baking: calling recipes sugar-free IS accurate. Using a small amount of honey or fruit juice as a sweetener is NOT adding sugar, it is adding sweetener. There is a

difference. It is such a small amount (either 2 TBSP of Honey or 1/4 cup of apple juice concentrate is typical) for an entire loaf or 12 dinner rolls that it would hardly register as sweet. In fact, out of sheer laziness on my part, I use regular apple juice instead of the concentrate because we buy bottled juice, which makes it even less sweet and works perfectly well. Considering the overall health of this bread (only flour, yeast, water, oil, tad of salt is in most recipes) I cannot fault for a tiny bit of sweetener. I am in no way affiliated with this book or the author.

[Download to continue reading...](#)

Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Milk Soapmaking: The Smart and Simple Guide to Making Lovely Milk Soap from Scratch with Cow Milk, Goat Milk, Buttermilk, Cream, Coconut Milk, or Any Other Animal or Plant Milk The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat (Gluten) Free and Milk (Casein) Free Living Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Wheat Free Diet: Lose the belly fat weight loss plan and wheat free recipe cookbook. Ideal diet for wheat, gluten and food allergy sufferers Gluten Free: Gluten Free

Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes)
Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar
Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox
Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14
Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low
sugar diet,) Candida Cleanse Natural Cure: A Step-By-Step Guide to Candida Treating and Detox in
21 Days (Concerned about gluten free diets, wheat belly and yeast infection?) My Grain & Brain
Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power,
Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook
Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high
protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly
Fat)

[Dmca](#)