

Download The Allergy Free Cook Bakes Cakes Cookies

[Description] [Recipe Index] [Sample Recipes] DESCRIPTION A follow-up and companion to The Allergy-Free Cook Bakes Bread, this book is designed for anyone who needs to avoid gluten, dairy products, eggs, soy, and other common food allergens but doesn't want to feel deprived. Just think: layered cakes, moist cupcakes, tender cookies, gooey bars, and crunchy biscotti. The Allergy-Free Cook Bakes Cakes and Cookies by Laurie Sadowski takes no shortcuts, but yields wonderfully fresh tasting and flavorful baked goods without gluten, dairy, egg or soy---no easy feat. Baking both vegan and gluten free is a balancing act akin to the feats of Chinese acrobats. Wrap it in foil, grill until warm, gooey, and melty, and top with the coconut milk-based ice cream or check out page 51 of The Allergy-Free Cook Bakes Cakes and Cookies for my favourite gluten, soy, and dairy-free whipped cream recipe. Just as she did for breads in The Allergy-Free Cook Bakes Bread, creative baker and cookie lover Laurie Sadowski has cracked the code for creating gluten-free treats with just the right textures: moist and fluffy cakes, sinfully rich bars, and crispy- chewy cookies that are all completely vegan (free of eggs and dairy products).