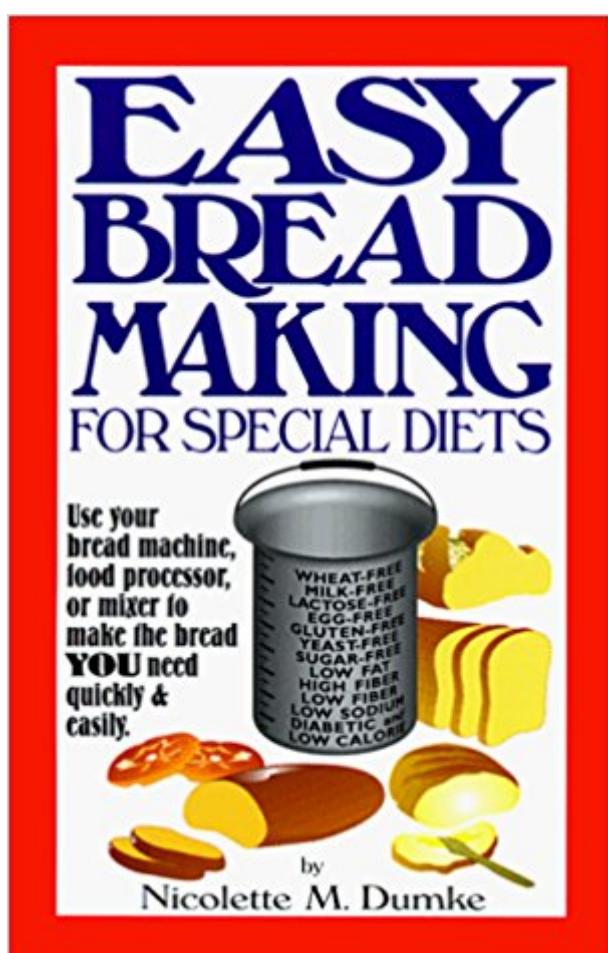


The book was found

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

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Product Dimensions: 8.5 x 5.6 x 0.6 inches

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Average Customer Review: 3.8 out of 5 starsÂ [See all reviewsÂ \(22 customer reviews\)](#)

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

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