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Camilla Saulsbury

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Camilla Saulsbury : 150 Best Gluten-Free Muffin Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised 150 Best Gluten-Free Muffin Recipes:

2 of 2 people found the following review helpful. Best muffin recipes-Gluten Free!!By Southern OregonThis is a great cookbook!!!! I have purchased multiple copies to give away. I bake mostly from the savory recipes so I have not tested the recipes for sweet muffins. I tend to be casual with measurements but have not had any failures with these recipes.. The recipes are very forgiving. I bake muffins in pans sized for mini muffins or mini loaves, freeze them individually, and have them available for quick snacks.0 of 0 people found the following review helpful. Helped me in my 120pd loss.By Virginia V SolbergI love this book. I've lost 120 pounds and the recipes in this book have helped

me do this. They are so good-who cares if I never eat gluten again? I also went thru and subbed in either honey or stevia as my sweetener. I've made about 23 so far and all have been good-some I just keep remaking all the time (Peanutbutter; Scottish Oatmeal, and Ham Cheese) I have 3 of the recipes with my sugar subs when needed as well as a longer review on my weight loss blog. Here is the link to the page about the book. You'll find the recipes under the "Gluten free-sugar free recipes" section to the right. So looking forward to even more recipes.

(<http://www.fairysredcolordiet.com/blog/150-best-gluten-free-muffin-recipes>)1 of 1 people found the following review helpful. 150 best gluten free muffin recipesBy pataThis book was cheap so I should not complain. I wish the recipes would list the nutritional values. The ingredients are not always common - that you may have around the house. Interesting variety of recipes and some I have tried are not bad.

Muffins are the perfect gluten-free choice when the urge to bake strikes. It's not only those with a wheat allergy who love gluten-free muffins. A rapidly growing number of people are moving away from foods that contain gluten because of an allergy or sensitivity, but others avoid gluten simply because they believe its absence promotes better health in general, and digestive health in particular. Whatever the reason for going gluten-free, these muffins are hands-down delicious and so easy to prepare. The gluten-free flours used to prepare these recipes have become readily available in the past few years at health stores, most well-stocked supermarkets and mail order. These recipes are destined to become gluten-free favorites: Mediterranean Muffins with Olives and Sun Dried-Tomatoes Cranberry Maple Cornbread Muffins, Scallion Curry Muffins Pignoli Muffins, BLT Muffins, Vanilla Yogurt Muffins Hazelnut and Chocolate Chunk Muffins, Mocha Muffins Goat Cheese, Chive and Walnut Muffins Buckwheat Kasha Muffins, Pizza MuffinsIt's hard to believe that muffins this delicious are gluten-free and so easy to make. The flavors are simply fantastic and the finished results are so satisfying. Besides expert baking tips and techniques, there will also be an ingredients and equipment glossary that will be of great use to expert and beginner gluten-free bakers alike.

About the Author Camilla V. Saulsbury is a freelance food writer, recipe developer and cooking instructor. She has been featured on the Food Network, in the New York Times, on Today and QVC and has won several top cooking competitions, including the Food Network's \$25,000 Ultimate Recipe Showdown (cookies episode). Camilla lives in Nacogdoches, Texas.