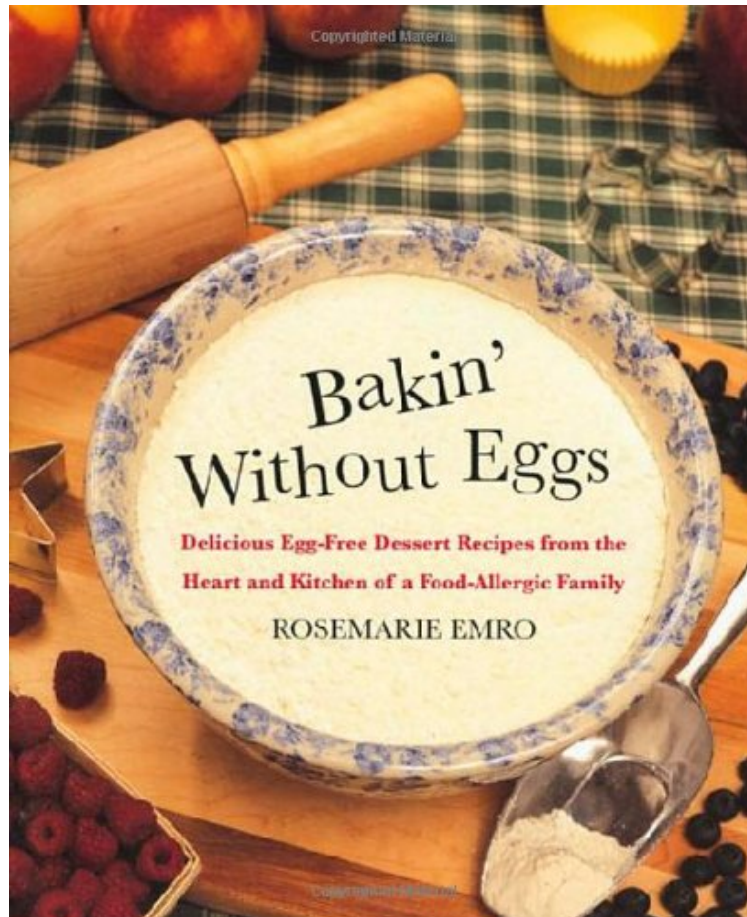


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Bakin' Without Eggs: Delicious Egg-Free Dessert Recipes from the Heart and Kitchen of a Food-Allergic Family

Rosemarie Emro

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Rosemarie Emro : *Bakin' Without Eggs: Delicious Egg-Free Dessert Recipes from the Heart and Kitchen of a Food-Allergic Family* before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Bakin' Without Eggs: Delicious Egg-Free Dessert Recipes from the Heart and Kitchen of a Food-Allergic Family*:

2 of 2 people found the following review helpful. Best Food Allergy cookbook! By Laura Just can't say enough good things about this book! We discovered that my daughter has severe Egg, Peanut, Tree Nut Food Allergies, when she was only 3 years old. She is now 14, and this book is literally falling apart from much loved usage! I ordered another for our house, and a couple of extras to put away for her to take with her when she is older. We have used this for many cookie, cake, and other recipes, for school functions, and at home celebrations. It has helped me not feel helpless in getting around the allergies, and most importantly It has helped make her feel like everyone else, which is priceless! 0 of 0 people found the following review helpful. Every recipe has worked and is genuinely as good, or

better than By Customer It's taken me years to find this book, so I hope others find it sooner. Every recipe has worked and is genuinely as good, or better than, regular recipes with eggs. Egg-free cheesecake and egg-free pound cake are things I thought my allergic son would never have. Now he can have these sorts of things, and the recipes are good enough to serve to anyone - no one would ever know these were "allergy-safe" foods. A wonderful resource that has really helped me provide complete special occasions for everyone, without baking two different things. Thank you for writing this! 0 of 0 people found the following review helpful. A Great Cookbook in General! By Ingrid I've almost never written a review, but I really feel like I should write one for this cookbook to vouch for it. I've tried at least 6 recipes from this book so far, and I'm almost always pleased with the results. Sometimes the the baked goods don't turn out as exactly as I've expected, but they are nowhere near terrible! If you are an adventurous baker/cook who like to try out new recipes, you'd know what I mean. There may be nothing worse than cooking something that's absolute horrid, even if you follow the recipe exactly, and nobody would help you get rid of the food! The recipes haven't failed me yet. From coworkers, friends, to family members, everybody absolutely loves the end results. So far, most the recipes can be easily converted into vegan recipes as well. As a lactose vegetarian (no eggs, but yes to other dairy products), this cookbook is wonderful. Whenever I tried to look for vegetarian recipes/cookbooks that is eggless, I was usually left with vegan or allergen-free options. While these recipes can be great, the recipes often need modifications or call for sometimes strange ingredients. The ingredients in this cookbook are all easily accessible in regular grocery stores. Baked goods in general usually have eggs, so it's difficult for me to buy pastries that the world takes for granted. Whenever I see eggless baked goods, I jump on them. Now, I find myself hunting for buy ready-made baked goods less often, now that I have the bible of eggless baking! It is also relatively easy to modify the recipes for my vegan friends as well. The baked goods are absolutely delicious when I use fresh, organic ingredients. I can't recommend this cookbook enough. Believe it or not, I actually put it down on my emergency packing list in case of natural disasters.

Finally, delicious recipes for cookies, cakes, and other baked goods that use no eggs! Millions of people-- including 5 percent of all American children-- have a food allergy, and eggs are one of the most common culprits. In this easy-to-use collection of recipes, Rosemarie Emro presents more than one hundred crowd-pleasing desserts and other treats that contain no eggs, in addition to many vegan recipes. These are delicious cakes, cookies, breads, muffins, brownies, bars, pies, and cobblers with all the flavor, texture, and delights egg-allergic families have been longing for. Everyone who wants to avoid eggs can now rediscover the joys of baking.

"Highly recommended...fills a need for those with food allergies." ?Stew Leonard, Jr., President of Stew Leonard's Dairy Store "Anyone who wants to avoid eggs for any reason-- from dealing with allergies to controlling cholesterol-- will be thrilled with this book." ?The Darien (Connecticut) Times "Bakin' Without Eggs provides the egg-allergic person with a wide degree of both nutritious and tasteful recipes, which I myself have tried and highly recommend to our egg-sensitive patients." ?Robert M. Biondi, M.D., Chief of the Section of Allergy and Immunology, Department of Pediatrics, Norwalk Hospital, Connecticut "I highly recommend Rosemarie Emro's cookbook to all who are allergic to nuts and eggs as well as to the average person who loves great baking." ?Norman Weinberger, M.D., Senior Attending Physician, Norwalk Hospital, Connecticut, and Associate Clinical Professor, Yale School of Medicine From the Publisher "Highly recommended...fills a need for those with food allergies." --Stew Leonard, Jr., President, Stew Leonard's Dairy Store "Anyone who wants to avoid eggs for any reason--from dealing with allergies to controlling cholesterol--will be thrilled with this book." --The Darien (Connecticut) Times "Bakin' Without Eggs provides the egg-allergic person with a wide degree of both nutritious and tasteful recipes, which I myself have tried and highly recommend to our egg-sensitive patients." --Robert M. Biondi, M.D., Chief of the Section of Allergy and Immunology, Department of Pediatrics, Norwalk Hospital, Connecticut "I highly recommend Rosemarie Emro's cookbook to all who are allergic to nuts and eggs as well as to the average person who loves great baking." --Norman Weinberger, M.D., Senior Attending Physician, Norwalk Hospital, Connecticut, and Associate Clinical Professor, Yale School of Medicine About the Author Rosemarie Emro perfected these recipes after discovering that her daughter, Caitlin, has a severe allergy to eggs. She lives in East Norwalk, Connecticut.