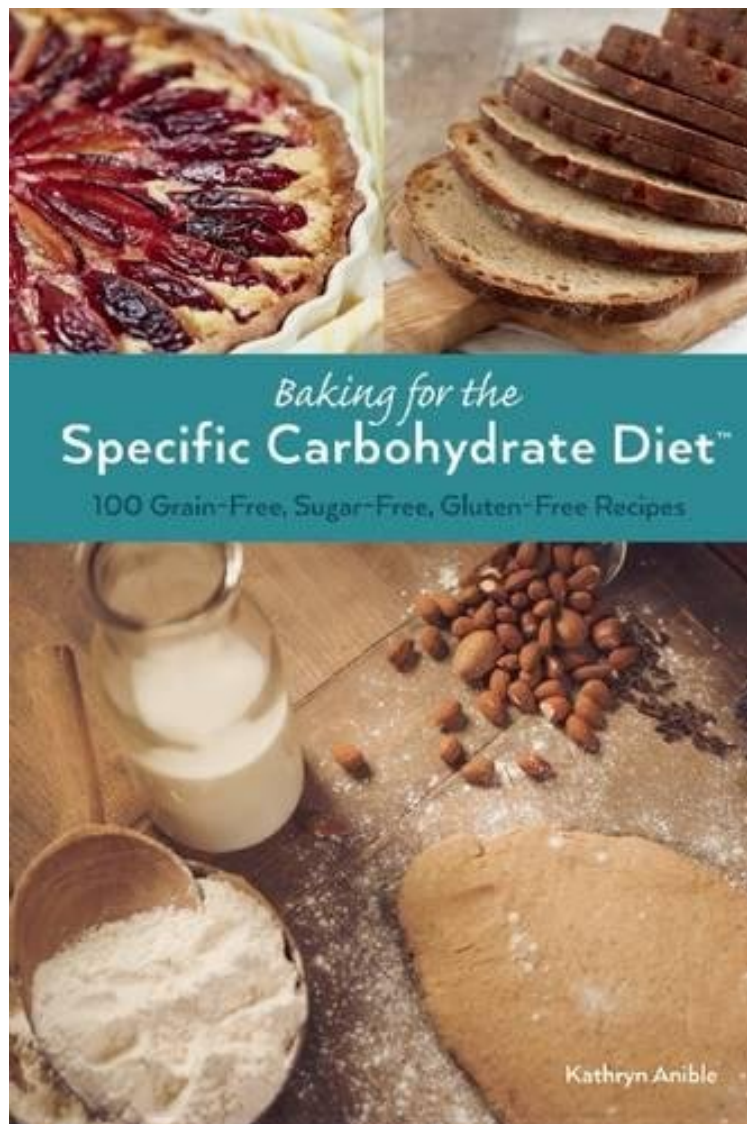


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Baking for the Specific Carbohydrate Diet: 100 Grain-Free, Sugar-Free, Gluten-Free Recipes

Kathryn Anible

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3 of 3 people found the following review helpful. I like to look through cookbooks before I give them and ...By

Elizabeth ElleI bought this book for a friend of mine who is on the specific carbohydrate diet. I like to look through cookbooks before I give them and I thought this one looked great, so I bought it myself. I've tried quite a few recipes from this book and they've all been delicious. The book begins with basic information about the specific carbohydrate diet, what it consists of, and how to bake within these parameters. This was great for me, a newbie to the diet. The book has a TON of recipes broken into categories. Some of my favorites include: garlic parmesan bread, bacon egg and cheese muffins (SO wonderful for breakfast!!), meringue cookies (a little tricky at first but so much fun), and berry cobbler. To my surprise, the cocoa butter frosting is really, really good!! A lot of these recipes are egg-free as well. These recipes are easy to follow, delicious, and fun!1 of 1 people found the following review helpful. Excellent purchase for holiday bakingBy Xan. BelzleyThis is a great choice for baking for the holidays. It offers many, many dessert recipes, as well as a shopping and storage advice section, which may make this a solid starting baking book for people who are just starting the SCD diet. Anible has clearly thought through every step of the baking process, including storage and watching for ingredients that may burn more easily than their non-SCD counterparts (like honey, for example). I'm especially excited to try the date paste-sweetened cinnamon cookies and her take on chocolate cake, which she writes gets its chocolate flavor from coffee beans and cocoa butter. It's nice to see a Specific Carbohydrate Diet baking book dedicated specifically to desserts, since this so often feels like the hardest sacrifice to make!3 of 3 people found the following review helpful. Happy Baking!By Wendy ValdermanIt is always difficult to find baking recipes that are sugar free as the phrase sugar free baking is often seen as an oxymoron. All of the recipes in the book have only all natural gluten free ingredients. I've never seen these particular recipes and I've read quite a lot of these types of books. Regardless of whether or not you are on a strict sugar free gluten free grain free (etc.) diet I believe these recipes will prove delicious for all. The writer Kathryn Anible experience as a personal chef really shines through and though there aren't any pictures the recipes proved easy to follow so no baking expertise necessary.Baking for the Specific Carbohydrate Diet: 100 Grain-Free, Sugar-Free, Gluten-Free Recipes

DELICIOUS BAKED GOODS THAT SOOTH GLUTEN INTOLERANCE, CELIAC DISEASE, IBD, IBS, CROHN'S, ULCERATIVE COLITIS, DIABETES, AND FOOD ALLERGIESWhether you or a loved one suffer from gluten intolerance, celiac disease, IBD, IBS, Crohn's disease, ulcerative colitis, or food allergies, the SCD-friendly recipes in this book will be sure to satisfy any craving.BREADS- Bacon Cheddar Bread- Banana Bread-Cinnamon Raisin BreadCOOKIES- Peanut Butter Cookies-Vanilla Shortbread Cookies- "Oatmeal" Raisin CookiesBARS- Black Bean "Brownies"- Fruit and Nut Energy Bars- Lemon BarsCAKES- Strawberry Shortcake-Frosted Carrot Cake- Lemon Poppy Seed MuffinsPIES- Rustic Berry Tart- Lemon Meringue Pie- Pumpkin PieSAVORIES-Pizza Margherita-Chicken Pot Pie-Jalapeño Cheddar MuffinsPIES- Rustic Berry Tart- Lemon Meringue Pie- Pumpkin Pie

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