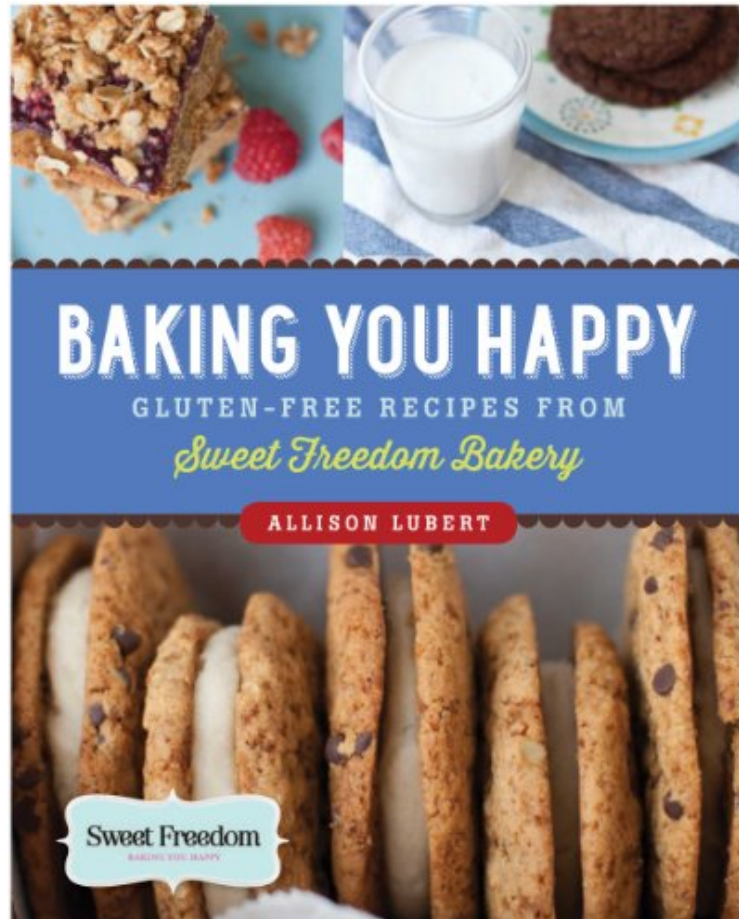


[Download pdf ebook] Baking You Happy: Gluten-Free Recipes from Sweet Freedom Bakery (100% vegan)

Baking You Happy: Gluten-Free Recipes from Sweet Freedom Bakery (100% vegan)

Allison Lubert

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#1102099 in Books 2014-10-01Original language:EnglishPDF # 1 10.10 x .60 x 8.10l, #File Name: 1441315713128 pages | File size: 71.Mb

Allison Lubert : Baking You Happy: Gluten-Free Recipes from Sweet Freedom Bakery (100% vegan) before purchasing it in order to gage whether or not it would be worth my time, and all praised Baking You Happy: Gluten-Free Recipes from Sweet Freedom Bakery (100% vegan):

1 of 1 people found the following review helpful. Bought on sale and worth every centBy Gabrielle GraceyMainly bob red mills gluten free flour mix with xanthium gum and arrow root flour used in several different ways.I wish the pizza dough and bread was included and pie crust but I guess they need to have their secrets.Cookie sandwiches with their icing us the best0 of 0 people found the following review helpful. More Compled and TOTALLY WORTH IT!!By RissaWhenever we are in the Philly area, a stop by Sweet Freedom Bakery is a must. My husband is GF and vegan, and this place is like heaven for him. And the cookbook - yep, you can make the amazing-ness happen anytime, even if you aren't in Philly! Lubert's directions are very clear and easy to follow. As vegan baking goes, these are a little bit more complex than other books I use, however, the additional effort is worth it to create vegan GLUTEN FREE treats

that are as good as any other you can find in a bakery. For real! Favorites include the Orange Creamsicle Cupcakes on page 51 and the Mexican Hot Chocolate Cupcakes on page 59. The Cinnamon Rolls on page 87 are "weekend" baking - and totally worth the work. If you can follow directions, you can successfully use this book to make tasty vegan/GF sweets. 1 of 1 people found the following review helpful. must-have! By David A Barrickman I love this book! I am gluten-free and even though my family is not they still think the things I make from this book are delicious. It's a must-have for anyone trying to live a healthy lifestyle. The bakery is awesome too and they deliver all over the country!

Food allergies and sensitivities are becoming ever more mainstream. As people become increasingly aware of how diet impacts their health and well-being, there is a growing need for cookbooks that address their concerns. This cookbook contains over 50 recipes for delicious desserts and breakfast treats that are not only gluten-free, but are also 100% vegan (without animal products), and free of soy, peanuts, corn, refined sugars, and artificial ingredients. Author Allison Lubert, owner of Philadelphia's Sweet Freedom Bakery, reveals the secrets of her kitchen, offering easy-to-follow recipes, plus helpful tips on ingredients and resources. Each recipe comes with a luscious full-color photograph. Includes 50 vegan-friendly, gluten-free, sugar-free recipes for a wide range of classic sweets, from scones to cupcakes with frosting. Paperback. 144 pages. Full-color photographs by Rachel McGinn throughout. 8 inches wide by 10 inches high (23.5 cm wide by 24.77 cm high). Now everyone can bake happy -- at home! Since opening in 2010, Philadelphia's Sweet Freedom Bakery has been dishing out its delicious cupcakes, donuts, cookies, muffins, and more, to thousands of dedicated fans. The business recently expanded with a new location in Collingswood, New Jersey, and, with the growth of its online business, it's become clear that people outside of Philadelphia and New Jersey want a taste of Sweet Freedom, too!

"Alison Lubert is the owner of Sweet Freedom Bakery in Philadelphia. This establishment is both vegan and gluten-free. Her cookbook features many outstanding treats and the color photos will encourage you to start baking now! Section one includes cookies, bars, and squares such as Chocolate Chip Blondies, Chocolate Cayenne Lime Cookie Cake, and Raspberry Lemon Bars. Sections two and three highlight cupcakes and toppings. You may want to prepare Orange Creamsicle Cupcakes, Salted Caramel Cupcakes, or Brownie Sundae Cupcakes. You can then top these with a wide variety of frostings, sauces, and glazes. The 'Breakfast Goodies' chapter includes items such as Cinnamon Sugar Coffee Cake, Pumpkin Doughnuts, and Cinnamon Sugar Crullers. Finally, a chapter titled 'Festive Favorites and Holiday Treats' features a Birthday Cake, Gingersnaps, and Egnog Cupcakes." --Vegetarian Journal About the Author Allison Lubert studied at the Institute for Integrative Nutrition in New York City, and created her private nutritional counseling practice, Apple-A-Day Counseling. While she was completing her education and beginning her nutritional counseling practice, she spent hours in the kitchen experimenting and developing recipes that would accommodate her own allergies to wheat and dairy. In 2010, she opened her first retail bakery Sweet Freedom Bakery, and has since appeared on Food Network and The Cooking Channel. She lives with her husband, Jonathan, and their three children in the Philadelphia suburbs.