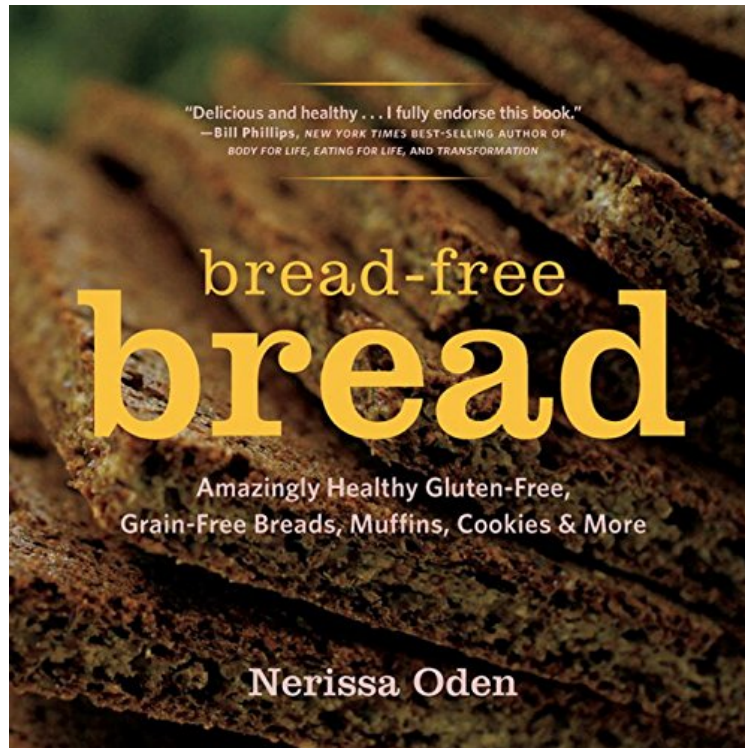


Bread-Free Bread: Amazingly Healthy Gluten-Free, Grain-Free Breads, Muffins, Cookies More

Nerissa Oden

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19 of 19 people found the following review helpful. Best Recipes Ever! It Looks Like in the Pictures!By Susan Lynn SuehrI Tried other Recipe Books for gluten free and this one is the real deal. I have never been able to get results or good tastes from the other books I bought. I made the Chocolate Cake and did not tell my family it was made with black beans instead of flour. They loved it and said it was the best chocolate cake I ever made. Now that is saying something from a chocolate loving desert family. I love that it does not use the carbs using potato, corn rice set up in other recipes. I am eating my veggies and enjoying them. Nerissa has done a wonderful creation here. I am going to buy more for other family members as well. It is so fantastic that this book is available. What is even more amazing is that the recipes come out looking like they do in her pictures.12 of 12 people found the following review helpful. Beautifully written and illustratedBy Wise MindBeautifully written and illustrated, this book is a gold mine of resources for expanding your dietary choices. The recipes are creative, and the photos are spectacular. I liked that Nerissa offers substitute ingredients for some of her recommendations,as this serves a community of sensitive people who have different requirements. This is an important book, as more and more people are reacting to the additives in food and the digestive problems that have multiplied in our world. This is a book worth buying.4 of 4 people found the

following review helpful. This book is amazing. It was a complete re-education on creating bread ...By Steven ParenteThis book is amazing. It was a complete re-education on creating bread without grains, but mainly nuts, seeds and organic veggies, I found out about this writer by listening to Carl Lenore on his internet station, "Super Human Radio". Right after arriving, we made the chocolate brownies, which were delicious. Then improvised on the next batch using avocado. The most useful aspect of this book, is that it helps you to understand the process, while offering "bullet proof" recipes that work using common, easy to find ingredients. After that, you can improvise and make up your own recipes.

Finally, recipes for healthy, delicious, and easy gluten-free, grain-free breads, muffins, cookies and more. Most, if not all, gluten-free and grain-free (paleo) baking cookbooks use flour substitutes that aren't healthy, because it's the only option. That is, until now. Nerissa Oden has developed recipes that use pure, wholesome ingredients in place of any type of flour, to make breads that look and act like the real thing?only much healthier. By blending vegetables with flaxseeds, pumpkin seeds, spices, and other natural ingredients, these "bread-free" breads are miraculously similar to traditional breads, with a great texture and taste. She's also come up quick breads, muffins, tortillas, and other baked goods with the same healthy ingredients. All of them are easy-to-make and packed with omega-3, fiber, and protein. More than 75 recipes range from basic Acorn Squash Sandwich Bread to Lemon-Rosemary Flatbread to Sunflower Seed Cookies. Perfect for people following a paleo diet or trying to avoid gluten, grains, yeast, and sugar, Bread-Free Breads deserves a spot on every home baker's bookshelf.

"My wife and I have been baking and eating these delicious and healthy bread-free breads for some time. Any time you can start eating more vegetables -- especially when they look and taste this great -- you start to improve your health and well being." - Bill Phillips, author of Body for LifeAbout the AuthorNerissa Oden unknowingly battled food sensitivity for many years before a nutritionist helped her discover the source of her reoccurring ailments: food allergies and sensitivities to dairy, yeasts, sesame, soy, pepper and nuts. Since then, she has been developing and enjoying a variety of healthy-living, gluten- and yeast-free recipes. She and her husband, bestselling author Dr. Joe Vitale, live in Wimberley, Texas.