



The New Gluten-Free Recipes, Ingredients, Tools and Techniques: Demystifying Gluten-Free Baking - A Resource Guide

By Lisa Diamond, RD Areli Hermanson

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Whether you need to follow a gluten-free diet or just wish to expand your food repertoire, baking with gluten-free flours can be as rewarding as it is delicious. Part science, part art and some little known secrets, The New Gluten-Free™ reveals a systematic yet simple approach to gluten-free baking for every level of baker. Written by Registered Dietitians Lisa Diamond and Areli Hermanson, The New Gluten-Free™ is one-of-a-kind in the cooking resource industry because taste, nutrition and quality is balanced and matches a modern approach to healthy eating. The summary charts of gluten-free flours, starches, liquids, binders, foams, and leavening agents, sweeteners and fats show the relationships between ingredients. Recipe categories from bread to pastry are summarized in easy-to-read tables to reveal the ingredients, tools and techniques needed to increase successes and decrease disasters. The authors share their many secrets including unique summaries and "The Recipe Equation©" for gluten-free products that turn out every time. This book will engage you from cover to cover as you discover the secrets of gluten-free baking. Enjoy the sample recipes!

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