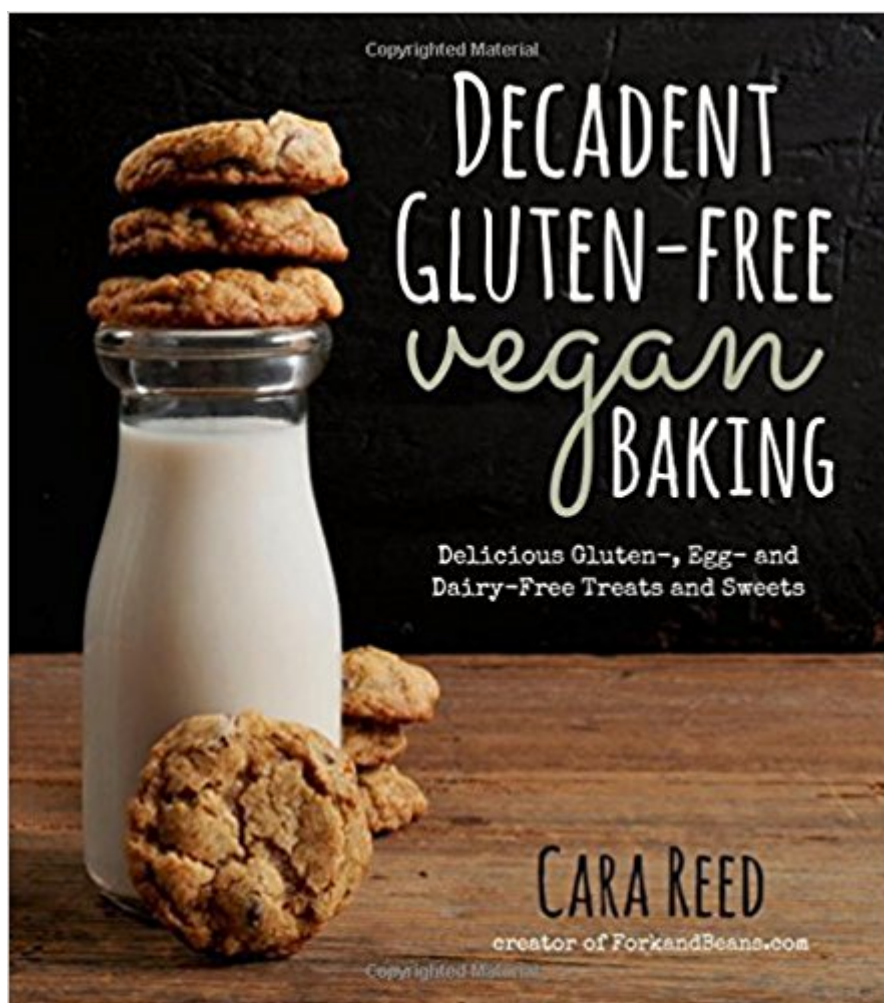


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Decadent Gluten-Free Vegan Baking: Delicious, Gluten-, Egg- And Dairy-Free Treats And Sweets



Synopsis

Exceptional Vegan and Gluten-Free Baked Goods Baking delicious, one-of-a-kind desserts is one thing, but when those desserts are gluten-free and vegan – now that's something everybody can enjoy. Cara Reed, creator of ForkandBeans.com, is sharing over 100 amazing and easy gluten-free, vegan recipes that are also unique from her blog. By using tasty and natural substitutions such as almond milk, soy butter, coconut oil and nut-based cream, your treats will be the star of the show with any crowd. Creative and mouth-watering recipes include Churros with Chocolate Dipping Sauce, Pumpkin Cupcakes, German Chocolate Cake and Sweet Almond Braided Bread. So whether you're gluten-free, vegan or just looking to try something a little more plant-based and a lot more delicious, this book has it all.

Book Information

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“Cara Reed is a gluten-free dream come true. Not only does she create amazing versions of your childhood treats like Samoas and Thin Mints, her easy to follow recipes let you be your family's gluten-free hero!”
• Kathy Hester, author of OATrageous Oatmeal and The Great

Vegan Bean Book – “This delightful collection of baked treats is a vegan triumph. That they are also gluten-free is nothing short of astonishing. From your favorite Girl Scout Cookies to Blueberry Buttermilk Coffee Cake, each recipe is a gem.” – Robin Robertson, bestselling author of Vegan Planet, Quick-Fix Vegan, One-Dish Vegan and many more
“Cara’s desserts will have you absolutely swooning. With her creative gluten-free takes on classic childhood favorites like Strawberry Frosted ‘Pop-Tarts,’ Girl Scout Cookies, Churros with Chocolate Dipping Sauce and Cheez-It Crackers, combined with Celine’s gorgeous photographs, you will want to devour everything in this book.” – Julie Hasson, author of Vegan Diner, Vegan Pizza and more

Cara Reed is the creator of the popular blog, Fork and Beans, which features gluten-free, vegan recipes and gets over 10,000 hits a day. Cara’s blog was voted one of the Top 50 Vegan Blogs and her recipes have been featured in VegNews magazine and on HuffingtonPost.com and EnjoyLifeFoods.com. She lives in Los Angeles, California.

I have a shelf full of gluten-free baking books. This one is my favorite because everything turns out just as expected. So many times gluten-free baked goods turn out gummy or gooey. I haven’t had that problem with these recipes.

This cookbook has been a lifesaver for my son who cannot eat gluten, eggs or dairy. Thank You Cara Reed! I have made the Yellow Cake from her website 3 times, and it has been great every time. We made the Banana Buckwheat Muffins for Christmas morning - YUM, they came out perfect. I used almond milk for the non-dairy milk. I made the Trefoil Cookies, which I actually used for cutouts at Christmas, and today I made the Grandma’s Chocolate Chip cookies. I used the exact recipe from the book with 2 sticks of vegan butter (a brand called Melt). They are great! Thin and crispy, so not exactly like the picture, but delicious. The pictures are amazing, I love to just browse through and dream. Although I will likely stick to the simple recipes.

This book proves you can be gluten-free/dairy-free and still eat amazing dessert! Even desserts you thought you would never be able to eat again. The recipes are not complicated nor are the ingredients. The recipes are for foods that are familiar and comfortable. Not a bunch of recipes for things you wouldn’t have eaten before going GF/DF. This sugar addict is totally hooked!

Every recipe works-- every time. Thanks to this cookbook, my family can now enjoy birthday parties again.

Love having lovely recipe options. This is a great book

great, great recipes. She makes all your favorites GF! GF cheez-sts are awesome! Recipes are easy, not fussy, low sugar and no dairy. Just good solid GF baking.

Every recipe has turned out great. I am currently trying bread from website in my bread machine, confident that the recipe is good, now just need to seek if it will adapt to glute cycle on bread machine..wish me luck

Love it. Good recipes and great pictures. Also love all the information you get at the beginning of the book. Very much worth it for baking vegans. Thank you for putting this great book together!

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