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Every Last Crumb: Paleo Bread and Beyond (English Edition)



Par Brittany Angell
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Description :

Prsentation de l'diteurEverybody loves bread! A fluffy, crusty favorite and a staple to so many cultures around the world. Yet sadly, its one of the first items removed from the diet of people who need or choose to transition to a gluten-free or Paleo Diet. Many are left with a "dietary dent" that is not easily replaced. Get prepared to have your life changed. Every Last Crumb will take you down a revolutionary bread-making road with recipes that look, taste and smell like their gluten filled counterparts. These recipes use ingredients that are healthier and accessible to those with the many dietary restrictions. Dairy-Free? Egg-Free? Sugar-Free? Every Last Crumb has you covered. You will be exposed to coconut flour, almond flour, and chestnut, plantain and sweet potato flour that will open your eyes to new ways of making healthy and tasty breads. Experience your favorites that you wont find anywhere else! From Grain-Free croissants and puff pastry to easy to prepare sandwich bread, soft pretzels, bagels rolls and more. Transform your healthy diet into a magical "feel good" experience with no guilt. Youll find yourself eating Every Last Crumb and then some. Finally, you can experience comfort food the right way!Revue de presseBrittany has proven that eating

healthy can still be incredibly enjoyable. Because of *Every Last Crumb*, no one will ever have to miss sandwich bread, dinner rolls, scones, cookies, or brownies while enjoying the benefits of a Paleo or gluten-free lifestyle. (Juli Bauer, New York Times bestselling author of *The Paleo Kitchen*) Brittany is one of the most talented bakers we know. Not only can she work with grain-free flours in a way that yields the same results as gluten-based flours, but she pours her heart and soul into every recipe she creates. This book is a true masterpiece and will really help people who follow a Paleo diet learn to love baking again. (Hayley Mason and Bill Staley, authors of *Make it Paleo*) This book is insane. Brittany Angell is a baking genius. (Kelly Brozyna, author of *Dairy-Free Ice Cream and The Paleo Chocolate Lovers Cookbook*) *Présentation de l'auteur* Everybody loves bread! A fluffy, crusty favorite and a staple to so many cultures around the world. Yet sadly, it's one of the first items removed from the diet of people who need or choose to transition to a gluten-free or Paleo Diet. Many are left with a "dietary dent" that is not easily replaced. Get prepared to have your life changed. *Every Last Crumb* will take you down a revolutionary bread-making road with recipes that look, taste and smell like their gluten-filled counterparts. These recipes use ingredients that are healthier and accessible to those with the many dietary restrictions. Dairy-Free? Egg-Free? Sugar-Free? *Every Last Crumb* has you covered. You will be exposed to coconut flour, almond flour, and chestnut, plantain and sweet potato flour that will open your eyes to new ways of making healthy and tasty breads. Experience your favorites that you won't find anywhere else! From Grain-Free croissants and puff pastry to easy-to-prepare sandwich bread, soft pretzels, bagels, rolls and more. Transform your healthy diet into a magical "feel good" experience with no guilt. You'll find yourself eating *Every Last Crumb* and then some. Finally, you can experience comfort food the right way!