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The Allergen-Free Baker's Handbook

Cybele Pascal

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The Allergen-Free Baker's Handbook Cybele Pascal
Free to Eat Sweets!

The number of people with food allergies is skyrocketing, leaving puzzled cooks and anxious parents eager to find recipes for “normal” foods that are both safe *and* delicious. *The Allergen-Free Baker’s Handbook* features 100 tried-and-true recipes that are completely free of all ingredients responsible for 90 percent of food allergies, sparing bakers the all-too-common frustration of having to make unsatisfactory substitutions or rework recipes entirely. To make things even easier, energized and empathetic mom Cybele Pascal demystifies alternative foodstuffs and offers an insider’s advice about choosing safe products and sources for buying them.

As the head baker for a food-allergic family, food writer Pascal shares her most in-demand treats and how to make them work without allergenic ingredients. Her collection includes a delightfully familiar array of sweets and savory goodies that are no longer off-limits, from **Glazed Vanilla Scones**, **Cinnamon Rolls**, and **Lemon-Lime Squares** to **Chocolate Fudge Brownies**, **Red Velvet Cake**, and every kid’s favorite: **Pizza**.

In addition to being a lifeline for people with food allergies, sensitivities, and intolerances, these entirely vegan recipes are perfect for anyone looking to avoid artificial and refined ingredients, and those interested in baking with healthful new gluten-free flours such as quinoa, sorghum, and amaranth. Best of all, Pascal has fine-tuned each recipe to please the palates of the most exacting critics: her young sons. Lennon and Monte like these tasty treats even better than their traditional counterparts, and you will too!

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