



# Gluten-Free Baking For Dummies

*Jean M. Layton, Linda Larsen*

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# Gluten-Free Baking For Dummies

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**More than 150 tasty recipes for gluten-free baking** Imagine baking without wheat flour. Impossible, right? Essentially, that's what you're doing when you bake gluten-free. Sure, there are replacement flours, but there's an art to combining those ingredients to re-create the tastes you know and love. Baking is truly the greatest challenge when cooking gluten-free, and more than 150 delicious, gluten-free recipes for baking cakes, cookies, and breads are coming fresh out of the oven to help you meet this challenge with *Gluten-Free Baking For Dummies*.

Gluten-intolerant eaters have big concerns with baking, as wheat flour, a staple ingredient of many bread and baking recipes, is their greatest concern. *Gluten-Free Baking For Dummies* expands baking opportunities for those avoiding wheat, rye and barley flours, either for medical reasons or by choice. It offers you a wide variety of recipes along with valuable information about diet, health concerns, and kitchen and shopping basics.

- Discover new baking ideas and substitutes for common glutinous ingredients
- Easy recipes and methods for baking more than 150 gluten-free cakes, cookies, and breads
- Tips and advice for shopping and stocking your kitchen

*Gluten-Free Baking For Dummies* is for the millions of people who suffer from Celiac disease, their friends and family, and anyone looking for healthy and tasty wheat- and gluten-free baking recipes.

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