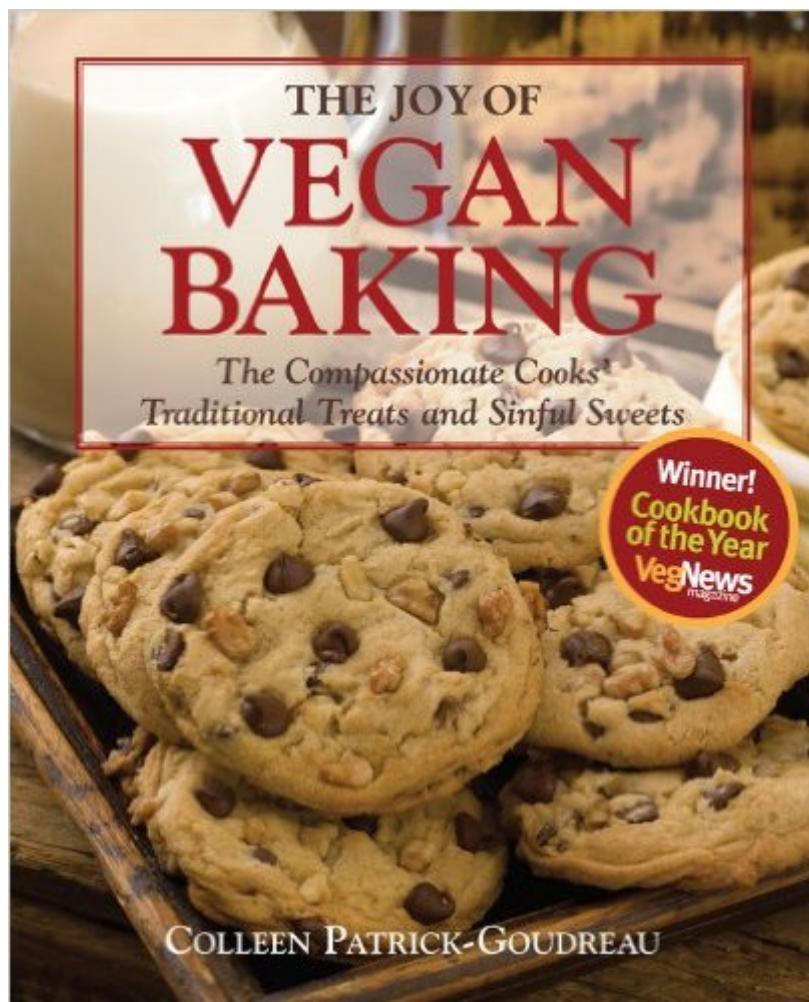


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The Joy Of Vegan Baking: The Compassionate Cooks' Traditional Treats And Sinful Sweets



Synopsis

Whether you want to bake dairy- and egg-free for health, ethical, or environmental reasons, *The Joy of Vegan Baking* lets you have your cake and eat it, too! Featuring 150 familiar favorites -- from cakes, cookies, and crepes to pies, puddings, and pastries -- this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be. A seasoned cooking instructor and self-described "joyful vegan," author Colleen Patrick-Goudreau puts to rest the myth that vegan baking is an inferior alternative to non-vegan baking, putting it in its rightful place as a legitimate contender in the baking arena. More than just a collection of recipes, this informative cookbook is a valuable resource for any baker -- novice or seasoned. Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values: Chocolate Chip Scones Cranberry Nut Bread Lemon Cheesecake Dessert Crepes Strawberry Pie with Chocolate Chunks Cinnamon Coffee Cake Chocolate Peanut Butter Cupcakes Raspberry Sorbet Oatmeal Raisin Cookies Soft Pretzels Blueberry Cobbler Chocolate Almond Brittle. Free of saturated fat, cholesterol, and lactose, but full of flavor, flair, and familiarity, each and every recipe will have you declaring I can't believe it's vegan! Complete with luscious color photos, this book will be an essential reference for every vegan.

Book Information

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Customer Reviews

This book is perfect for people who have either just transitioned to veganism or would like to in that it is chock full of recipes that result in food that doesn't taste radically different from what the average meat-eater is accustomed to. The photos are gorgeous, the writing is great and no matter

how much you think you know about baking, I promise you'll learn something. This is not a "health food" book, although the recipes are cholesterol-free, lactose-free and healthier than the average non-vegan recipes. Instead, it's a book that helps you understand how easy it is to bake without eggs and dairy. My favorite part of the book is the section on milk, butter and egg substitutes, some of which do indeed make the recipes healthier (e.g., using ground flax seed and water rather than egg replacer, using almond milk rather than soy milk for those of us trying to minimize our intake of soy, or using date sugar rather than white sugar). There are loads of tips and "Food Lore," which are interesting trivia tidbits that provide a historical context for the food. Perhaps most helpful, however, are the "Troubleshooting" pages that list the most common problems and their likely origins. Finally, the Appendices will save you a lot of time because the author has already organized your pantry and utensils for you and tells you exactly what you will need (/need to buy), and she includes a glossary, lists of what to substitute if you don't have the pan that's called for, and most fascinating to me, a section on the difference between baking soda and baking powder (I always wondered about that).

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