



Gluten-Free Baking (Williams-Sonoma)

Kristine Kidd

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A diverse collection of recipes that are naturally gluten-free, but just as tempting as traditional baked goods.

Many expect gluten free baked goods will be less delicious and satisfying than those baked with wheat flour. Not so with these recipes, which are just as over-the-top delicious as any you would find in a bakeshop display case. Author Kristine Kidd is a former editor at *Bon Appetit* and a gourmet chef. When she learned that she had celiac disease, she made it her mission to learn to eat and cook as well as she had before, without skimping on healthy ingredients or flavor.

Recipes span a range of baked goods, from breakfast items and crusty breads to cookies and cakes, pies and quiches and other baked deserts. All of them utilize naturally gluten-free ingredients like eggs, cream, butter, oats, buckwheat and more, with an eye towards avoiding processed substitutes and embracing whole grains.

With details on how to set up a gluten-free pantry and an ingredients primer, you'll be armed with everything you need on how to be healthy and gluten free, without sacrificing taste and texture of your favorite foods.

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