

[PDF] BabyCakes: Vegan, (Mostly) Gluten-Free, And (Mostly) Sugar-Free Recipes From New York's Most Talked-About Bakery

Erin McKenna - pdf download free book



Books Details:

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Description:

From **Publishers Weekly** Starred Review. Diagnosed with wheat and dairy allergies in 2004, McKenna faced a life free of cupcakes, pies and brownies. Refusing to accept such a bleak future,

McKenna did her research and opened Babycakes, a vegan, gluten-free bakery that has since been warmly embraced by cupcake-crazy Manhattanites. Here she shows readers how to create vegan and gluten-free versions of favorites like apple pie, chocolate chip cookies, gingerbread and Babycakes's infamous cupcakes (named best in the city by New York magazine in 2006). Her like-for-like recipes (including Healthy Hostess cupcakes and ingenious methods for dying frostings without artificial food coloring) are sure to satisfy discerning palates, and her emphasis on the traditional (blondies, biscuits, red velvet cupcakes, etc.) make her recipes easy to incorporate into the regular rotation. A number of specialty ingredients are required (agave nectar, xanthan gum, coconut oil, etc.), which can be pricey but are fairly easy to source (online vendors are listed).; Happily, however, McKenna keeps the ingredient list to a minimum. Those new to gluten- and sugar-free baking may be intimidated, but McKenna is friendly, patient, enthusiastic and encouraging. Those with dietary restrictions, and their families, will find this cookbook a sweet revelation. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review "In this book, Erin has finally shared her trade secrets — the ingredients and techniques that lend BabyCakes' desserts the flavors, textures, and happiness-factor you'd find in the best patisserie. The highest praise I can offer is this: follow her recipes to the letter and you'll fool them every time."

—Tom Colicchio (from the Foreword)

"At BabyCakes NYC I can eat what I crave without harming my lovely animal friends—or myself. Every since that first fateful day, I've been waiting for this cookbook."

—Natalie Portman

"I have multiple food sensitivities...and I'd pretty much given up on the idea that I might be able to have a worthy treat every again. I was so excited to discover BabyCakes NYC, because not only can I eat everything they bake, it's all delicious!"

—Zooey Deschanel

"The BabyCakes NYC banana bread is the best I've ever had and something I simply can't live without."

—Mary Louise Parker

"Thank all that is holy for BabyCakes NYC..."

—Pamela Anderson

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