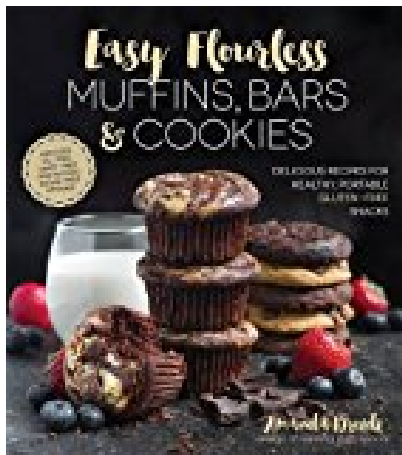


Easy Flourless Muffins Bars & Cookies Delicious Recipes for Healthy Portable Gluten-Free Snacks



BOOK DETAILS

- Author : Amanda Drozd
- Pages : 192 Pages
- Publisher : Page Street Publishing
- Language : English
- ISBN : 1624143334

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BOOK SYNOPSIS

80 muffins and snacks so flavorful, you'd never guess they're gluten-free and good for you! Easy Flourless Muffins, Bars and Cookies makes snacking a healthful and nourishing affair. Muffins are the perfect portable breakfast or mid-day snack, making it easy for readers to fuel their energy throughout the day! Many other gluten-free recipes call for expensive and hard-to-find alternative ingredients like tapioca flour or xanthum gum, but author Amanda Drozdz-of the popular cooking blog Running With Spoons-focuses on common, recognizable ingredients such as oats, ground almonds, fresh fruit, greek yogurt, coconut oil, coconut flour and honey. The book features 60 muffins, including classics like Chocolate Chip Muffins and Lemon Poppyseed Muffins; energy-packed breakfasts such as Blueberry Flax Muffins; coffeehouse favorites like Coffee Cake Greek Yogurt Muffins; savory muffins like Pizza Muffins; and, best of all, a whole chapter of chocolate-lover muffins like Rocky Road Muffins. Several recipes are vegan, oil-free or added-sugar-free for those looking for the healthiest options. The remaining 20 recipes are healthfully indulgent brownies and bars like Salted Caramel Brownies and Apple Crumble Bars, as well as cookies like Honey Almond Oatmeal Cookies. With so many options-and all of them using ingredients readers can trust to nourish them-this cookbook is a wonderful resource for anyone looking for grab-and-go breakfasts, quick and easy snacks and healthy desserts. This book will have 80 recipes.

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