

BREAD AND CAKES

BAKING WITHOUT GLUTEN



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The food we eat, by Jessica Miregård,
authorised dietist

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Thanks!

Bröd och kakor –baka utan gluten

Mekto Ganic

210x270, 176pp

Baking with natural ingredients is the tastiest of all!

More and more people are becoming sensitive to gluten. Here comes the baking book with naturally gluten-free ingredients for bread, cakes and pastries. The recipes are based upon organic products that taste much better and are more juicy and nutritious compared with bread baked from gluten-free flour mixes. All of the recipes have been checked for nutritional value by a dietist.

In this ambitious and beautiful book full of information, the author looks at the problem of gluten intolerance as a whole. The book has lots of recipes but also contains tips for the beginner and facts about basic ingredients, as it can be a little tricky to bake without gluten. Dietist Jessica Miregård has written the section about coeliac disease (gluten intolerance) and has calculated the nourishment value of all the recipes.

The recipes in this book are based upon both traditional fermented baked goods and new, classic sponge cakes and biscuits. You will also find suggestions for good breakfasts and a mix of various breads and pastries with a Mediterranean inspiration. The last part is devoted to rather more time-demanding pastries for parties and other occasions when you want to have something special. The book also contains some exciting recipes for nourishing and simple marmalades, nut-butter and smoothies.

About the author

Metko Ganic lives in Gothenburg. She has a background of 20 years working with the development of recipes and food products, and has lectured in the coeliac world for more than six years.