



# Gluten-Free Bread: More than 100 Artisan Loaves for a Healthier Life

*Ellen Brown*

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## **Gluten-Free Bread: More than 100 Artisan Loaves for a Healthier Life** Ellen Brown

With the adaptation of a gluten-free diet, simple meals of toast or PBJ are suddenly far out of reach. While larger

grocery stores are beginning to stock gluten-free packaged breads, nothing replaces the comforting taste of home-baked bread hot from the oven. This book includes gluten-free baking techniques plus 60 all-purpose bread recipes for brioche, sandwich bread, multi-grain varieties, quick breads, and more.

Gluten-free baking can have a steep learning curve for anyone who is accustomed to baking with conventional wheat flours. Author Ellen Brown has developed precise combinations of protein packed soy and bean flours with yeasts and all-natural baking aids to recreate the familiar flavors of conventional bread. These loaves will satisfy any craving for warm home-baked bread: you'd never know they're gluten-free.

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