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MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY



Synopsis

Desserts are celebratory and provide an emotional as well as physical satisfaction. This collection of recipes for sin-sational sweets can be enjoyed without the guilt. They're all rich in wholesome, minimally processed ingredients and free of chemical additives and superfluous fat. Even if you're a novice baker, you'll be able to make rich, moist cakes, delightful cookies, and flaky pie crust--all cholesterol free. Designed as a complete course in dairy- and egg-free baking, readers can still go directly to any recipe; each one is detailed and complete. You'll learn all the tricks of the trade for making and baking : gels, creams, mousses, puddings, and sauces, cookies, bars, little bites, cobblers, crisps, biscuits, muffins, cakes (basic to elaborate), pies and tarts as well as fillings, frosting, glazes, and frozen desserts. Dessert lovers everywhere will be delighted with these sumptuous treats and now those who are lactose intolerant, watching their cholesterol, or simply health conscious can have their cake and eat it too.

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Customer Reviews

I have just about every vegan dessert cookbook that is out there - and the one I ALWAYS turn to is this one! I like the fact that Fran doesn't use egg replacer and the ingredients are as natural as

possible. The chocolate cake is one that I am asked to back over and over again - it is now what people ask me for as a birthday present! I am currently living in South Africa - and maple syrup is not readily available - so when my husband and I take our vacation back to the US I always bring back several quarts in my luggage! I use a jar of organic black cherry jam in the middle and ice with chocolate ganache. Even die-hard people who won't touch 'that strange vegan food' wolf down the chocolate cake. I have just made the vanilla cake (cooling in the kitchen) and I baked it in brownie pans. One half is going to get filled with chocolate frosting for my husband and the other half is going to be filled with organic black raspberry jam (my heritage from the UK!) for me. Many thanks to Fran for such fantastic recipes from a fan in South Africa.

I ordered this cookbook in order to make desserts for my daughter who is allergic to milk products. I am also mostly vegetarian and try to buy organic when I can. I have found the recipes in this book to be delicious! I cannot tell that they are sans milk products. I had been making some brownies from scratch using vegetable shortening in place of butter... these all taste SOOOO much better! She does incorporate whole wheat flour and other natural ingredients. My husband, who usually dislikes things made with whole wheat flour, has enjoyed all of the desserts I've made without comment about the different flavor that the flour can bring. I am quite happy with that, too - because the desserts can be enjoyed by everyone in the family - even those who aren't as welcoming of the natural ingredients in other recipes. A minor negative I found is that a lot of the recipes I've made, so far, seem to have quite a bit of maple syrup in them - which can get expensive. I love pure maple syrup, though, so I still give the book 5 stars and would recommend it as a good baking book to even non-vegan cooks.

Every recipe calls for the best ingredients and you can taste the difference. I made the chocolate cake on the cover for a vegan potluck and several people had to ask if it really was vegan. Even if you aren't very experienced as a baker, everything is very easy to understand and also has some explanation behind certain steps. There's also a baker's pantry staple list with definitions and the best way to use certain products. Everything else I've tried out has been a success. Vanilla cupcakes with chocolate ganache for friends' birthdays, every time.

Table of contents in the Kindle version goes only to the section opening, not to individual recipes. So you have to go to the beginning of the section and turn pages until you come to the recipe you want to see. Secondly the recipes do not start on separate pages but one right after another starting

with many titles at the bottom of a page wherever the previous recipe finishes. This is the second Kindle version cookbook from that I've bought that has this type of problem. really needs to stop selling Kindle as equivalent quality to print until these problems are handled. The introduction to this book is helpful and the recipes look good.

If you're looking for fantastic dairy- and egg-free desserts, look no further than this cookbook. I have made almost every recipe from this book, and have not been disappointed. One of the highlights is the Chocolate Cake to Live For, which is on the cover of the book...amazing! The recipes cover all types of desserts, including cakes, pies, cookies, cobblers, puddings, you name it. There's also a very detailed explanation of ingredients that can be substituted for eggs and dairy and how they work in the recipes. And no refined white sugar or honey here.

Didn't like this at all. Recipes were gummy and odd tasting.

I enjoyed reading this book, even though it is a cookbook. I found the book to be very informative.

if you don't have Fran's books, then do yourself a favor and get them! her recipes are wonderful, creative, and much healthier than their standard counterparts.

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