

**Recommended by
leading experts:**

Easy Breadmaking for Special Diets solves a problem common to patients on special diets, that of how to make your own breads and desserts with the minimum of time and effort. If you or your family members are on a special diet, this book will be very helpful to you, even if you've never cooked before.

William G. Crook, M.D.,
author of *The Yeast Connection* and more

Ms. Dumke has done the impossible! Imagine – wonderful breads from a huge variety of flours, yeast breads using non-gluten flours, quick breads that are yeast-free, and even cakes. I've used a bread machine for four years and never imagined it could be so versatile. This book opened my mind to all kinds of possibilities – it's an amazing body of incredibly original work.

Marjorie H. Jones, R.N.,
author of *The Allergy Self-Help Cookbook* and more

Easy Breadmaking for Special Diets is the perfect book for bread machine owners who bake for anyone on a special diet. Nickie provides some great insight into the use of bread machines with some of the more difficult ingredients that are used on special diets. Best of all, these recipes really work and produce delicious breads that will appeal to everyone, regardless of diet!

Ada Lai, editor of
The Magic Bread Letter

Do you miss tasty bread on your special diet?

Has a special diet forced you to give up your favorite breads, snacks, and desserts? Now you can make these favorite foods again quickly and easily by using a bread machine or other appliances. With this book you will:

- Become familiar with your bread machine and other appliances
- Discover how to use appliances you may already have to make breads and other baked goods, or learn what to look for when shopping for a new bread machine.
- Put zest back in your diet – and life – with 235 recipes for your favorite foods, complete with nutritional analyses and diabetic exchanges. Imagine having breads of all kinds (including sourdough), buns, coffee cake, sweet rolls (cinnamon rolls, heart-healthy doughnuts, and more), and main dishes such as pizza and Mexican foods
- Delight your family and friends with warm, fragrant, freshly-baked bread and better-than-bakery treats
- Save time and money while enjoying favorite foods *again* – and good health!

With *Easy Breadmaking for Special Diets* you can stay on your diet and still enjoy your favorite foods. This book will show you how.

Nicolette Dumke has been cooking for special diets for over 30 years, such as food allergy, gluten-free, weight loss, sugar-free, and heart healthy diets. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *The Ultimate Food Allergy Cookbook and Survival Guide*, *Allergy Cooking With Ease*, *I Love Dessert*, *Allergy and Celiac Diets With Ease* and *Food Allergy and Gluten-Free Weight Loss*.

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