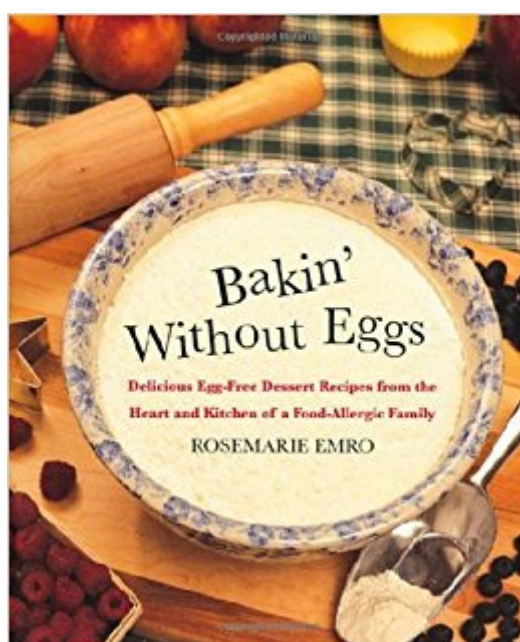


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Bakin' Without Eggs: Delicious Egg-Free Dessert Recipes From The Heart And Kitchen Of A Food-Allergic Family



Synopsis

Finally, delicious recipes for cookies, cakes, and other baked goods that use no eggs! Millions of people-- including 5 percent of all American children-- have a food allergy, and eggs are one of the most common culprits. In this easy-to-use collection of recipes, Rosemarie Emro presents more than one hundred crowd-pleasing desserts and other treats that contain no eggs, in addition to many vegan recipes. These are delicious cakes, cookies, breads, muffins, brownies, bars, pies, and cobblers with all the flavor, texture, and delights egg-allergic families have been longing for. Everyone who wants to avoid eggs can now rediscover the joys of baking.

Book Information

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Customer Reviews

“Highly recommended...fills a need for those with food allergies.”
Stew Leonard, Jr., President of Stew Leonard's Dairy Store
“Anyone who wants to avoid eggs for any reason-- from dealing with allergies to controlling cholesterol-- will be thrilled with this book.”
The Darien (Connecticut) Times
“Bakin' Without Eggs provides the egg-allergic person with a wide degree of both nutritious and tasteful recipes, which I myself have tried and highly recommend to our egg-sensitive patients.”
Robert M. Biondi, M.D., Chief of the Section of Allergy and Immunology, Department of Pediatrics, Norwalk Hospital, Connecticut
“I highly recommend Rosemarie Emro's cookbook to all who are allergic to nuts and eggs as well as to the average person who loves great baking.”
Norman Weinberger, M.D., Senior Attending Physician, Norwalk Hospital, Connecticut, and Associate

Clinical Professor, Yale School of Medicine

"Highly recommended...fills a need for those with food allergies." --Stew Leonard, Jr., President, Stew Leonard's Dairy Store "Anyone who wants to avoid eggs for any reason--from dealing with allergies to controlling cholesterol--will be thrilled with this book." --The Darien (Connecticut) Times "Bakin' Without Eggs provides the egg-allergic person with a wide degree of both nutritious and tasteful recipes, which I myself have tried and highly recommend to our egg-sensitive patients." --Robert M. Biondi, M.D., Chief of the Section of Allergy and Immunology, Department of Pediatrics, Norwalk Hospital, Connecticut "I highly recommend Rosemarie Emro's cookbook to all who are allergic to nuts and eggs as well as to the average person who loves great baking." --Norman Weinberger, M.D., Senior Attending Physician, Norwalk Hospital, Connecticut, and Associate Clinical Professor, Yale School of Medicine

Just can't say enough good things about this book! We discovered that my daughter has severe Egg, Peanut, & Tree Nut Food Allergies, when she was only 3 years old. She is now 14, and this book is literally falling apart from much loved usage! I ordered another for our house, and a couple of extras to put away for her to take with her when she is older. We have used this for many cookie, cake, and other recipes, for school functions, and at home celebrations. It has helped me not feel helpless in getting around the allergies, and most importantly It has helped make her feel like everyone else, which is priceless!

It's taken me years to find this book, so I hope others find it sooner. Every recipe has worked and is genuinely as good, or better than, regular recipes with eggs. Egg-free cheesecake and egg-free pound cake are things I thought my allergic son would never have. Now he can have these sorts of things, and the recipes are good enough to serve to anyone - no one would ever know these were "allergy-safe" foods. A wonderful resource that has really helped me provide complete special occasions for everyone, without baking two different things. Thank you for writing this!

I've almost never written a review, but I really feel like I should write one for this cookbook to vouch for it. I've tried at least 6 recipes from this book so far, and I'm almost always pleased with the results. Sometimes the the baked goods don't turn out as exactly as I've expected, but they are nowhere near terrible! If you are an adventurous baker/cook who like to try out new recipes, you'd know what I mean. There may be nothing worse than cooking something that's absolute horrid,

even if you follow the recipe exactly, and nobody would help you get rid of the food! The recipes haven't failed me yet. From coworkers, friends, to family members, everybody absolutely loves the end results. So far, most the recipes can be easily converted into vegan recipes as well. As a lactose vegetarian (no eggs, but yes to other dairy products), this cookbook is wonderful. Whenever I tried to look for vegetarian recipes/cookbooks that is eggless, I was usually left with vegan or allergen-free options. While these recipes can be great, the recipes often need modifications or call for sometimes strange ingredients. The ingredients in this cookbook are all easily accessible in regular grocery stores. Baked goods in general usually have eggs, so it's difficult for me to buy pastries that the world takes for granted. Whenever I see eggless baked goods, I jump on them. Now, I find myself hunting for buy ready-made baked goods less often, now that I have the bible of eggless baking! It is also relatively easy to modify the recipes for my vegan friends as well. The baked goods are absolutely delicious when I use fresh, organic ingredients. I can't recommend this cookbook enough. Believe it or not, I actually put it down on my emergency packing list in case of natural disasters.

This book is fantastic. I use it all the time. I have 2 sons that are egg and nut allergic and its wonderful to have recipes at my fingertips that actually come out tasting and looking great! I have tried a lot of the recipes in the book and my non-allergic friends and family ask me for the recipes. There are a ton of recipes to choose from, I have not made anything yet that I have been disappointed in. I don't even bother looking anywhere else now when I want a recipe. The chocolate chip is great! This Christmas I made cookie press ones from the butter cookie recipe, I used imitation almond extract and it was JUST like the ones my mom made when I was a kid! I was so happy to be able to carry on the tradition. The sugar cookie one also works great. I have a hard time keeping up with my family's demand for the pumpkin and banana breads. I keep a stash of frozen chocolate cupcakes in the freezer at all times so if we go to a birthday party or other special event then my boys don't have to skip dessert. Many of the recipes have nuts in them, I just omit them. This book and sunbutter have helped my family lead a more normal life. Sunbutter is an alternative to peanut butter made from sunflower seeds that actually tastes great. You can get check it out at [...]

This is a nice baking book even if you don't have an allergy to eggs, and with the price of eggs right now this book could save you some cash on your holiday baking for sure. The recipes are straight forward, easy to follow and sound pretty tasty. I bought this book as part of a gift for a wedding, and found myself wanting to keep it (I didn't). I may make this a purchase again in the future.

This book was exactly what I was looking for, and needed. With a child with a life-threatening egg allergy, cooking became a challenge -- and baking was near impossible. I had tried many of the traditional egg substitutes (combinations of vinegar, baking soda, baking powder, applesauce, etc...) that we all have read about. Even when a recipe came out "relatively normal," the texture was usually very off...making the final product far less than ideal. *Bakin' Without Eggs* has enabled me to finally bake for my child and introduce by child to the world of muffins, cakes, breads, even cookies and brownies, and every other baked good out there! Finally, baking for my child is far from a struggle and even easy -- with one reference book handy, I can bake almost anything -- without eggs! The book contains a wide variety of recipes, which are delicious, "normal," and usually pretty simple. Nobody will know the recipes are egg-less, except for you.

I've been trying to convert my regular baking recipes to egg-free for several years by substituting egg with other ingredients. The results have been disappointing. I've already made two items for *Bakin' Without Eggs* and shared them at the office and with friends. The breads and cakes stay together and friends and family have liked the results. I like that I don't have to buy special ingredients. Recipes use stuff I normally have around the house, or can buy at my local grocery store. Thanks to Rosemarie Emro for sharing here reicpes!

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