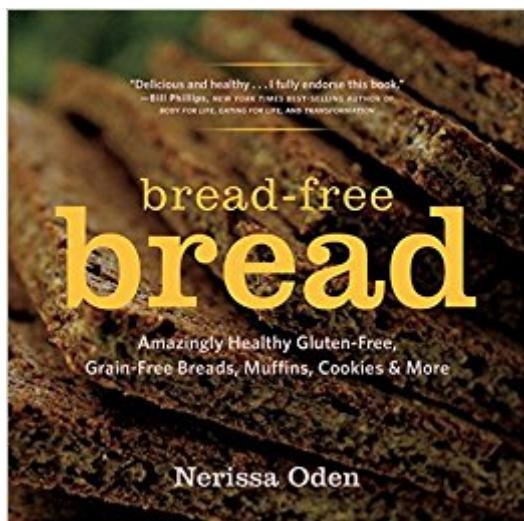


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# Bread-Free Bread: Amazingly Healthy Gluten-Free, Grain-Free Breads, Muffins, Cookies & More



## Synopsis

Finally, recipes for healthy, delicious, and easy gluten-free, grain-free breads, muffins, cookies and more. Most, if not all, gluten-free and grain-free (paleo) baking cookbooks use flour substitutes that aren't healthy, because it's the only option. That is, until now. Nerissa Oden has developed recipes that use pure, wholesome ingredients in place of any type of flour, to make breads that look and act like the real thing - only much healthier. By blending vegetables with flaxseeds, pumpkin seeds, spices, and other natural ingredients, these "bread-free" breads are miraculously similar to traditional breads, with a great texture and taste. She's also come up quick breads, muffins, tortillas, and other baked goods with the same healthy ingredients. All of them are easy-to-make and packed with omega-3, fiber, and protein. More than 75 recipes range from basic Acorn Squash Sandwich Bread to Lemon-Rosemary Flatbread to Sunflower Seed Cookies. Perfect for people following a paleo diet or trying to avoid gluten, grains, yeast, and sugar, *Bread-Free Breads* deserves a spot on every home baker's bookshelf.

## Book Information

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## Customer Reviews

"My wife and I have been baking and eating these delicious and healthy bread-free breads for some time. Any time you can start eating more vegetables -- especially when they look and taste this great -- you start to improve your health and well being." - Bill Phillips, author of *Body for Life*

Nerissa Oden unknowingly battled food sensitivity for many years before a nutritionist helped her discover the source of her reoccurring ailments: food allergies and sensitivities to dairy, yeasts,

sesame, soy, pepper and nuts. Since then, she has been developing and enjoying a variety of healthy-living, gluten- and yeast-free recipes. She and her husband, bestselling author Dr. Joe Vitale, live in Wimberley, Texas.

I Tried other Recipe Books for gluten free and this one is the real deal. I have never been able to get results or good tastes from the other books I bought. I made the Chocolate Cake and did not tell my family it was made with black beans instead of flour. They loved it and said it was the best chocolate cake I ever made. Now that is saying something from a chocolate loving desert family. I love that it does not use the carbs using potato, corn & rice set up in other recipes. I am eating my veggies and enjoying them. Nerissa has done a wonderful creation here. I am going to buy more for other family members as well. It is so fantastic that this book is available. What is even more amazing is that the recipes come out looking like they do in her pictures.

Beautifully written and illustrated, this book is a gold mine of resources for expanding your dietary choices. The recipes are creative, and the photos are spectacular. I liked that Nerissa offers substitute ingredients for some of her recommendations, as this serves a community of sensitive people who have different requirements. This is an important book, as more and more people are reacting to the additives in food and the digestive problems that have multiplied in our world. This is a book worth buying.

This book is amazing. It was a complete re-education on creating bread without grains, but mainly nuts, seeds and organic veggies, I found out about this writer by listening to Carl Lenore on his internet station, "Super Human Radio". Right after arriving, we made the chocolate brownies, which were delicious. Then improvised on the next batch using avocado. The most useful aspect of this book, is that it helps you to understand the process, while offering "bullet proof" recipes that work using common, easy to find ingredients. After that, you can improvise and make up your own recipes.

I delayed writing a review for years because I'm the author's husband. I felt I would not be objective. Well, I'm not. I've been eating these "breadless" foods for years now. I know they are filling, satisfying, healthy, yummy and creative. I had given up pizza - one of my favorite foods - because of all the grain and unhealthy side-effects. These days I eat truly AWESOME pizza without any guilt or regret -- or grain. I still can't believe I'm eating pizza made out of okra or spinach or kale. I saw

Nerissa create these recipes from scratch. I also got to be the taste tester for every one of them. So I can attest that these are all doable and unforgettable. You will love them, as well as your family, friends, and anyone else you cook "Bread-Free Bread" for. Get the book. A Bread-Free Bread: Amazingly Healthy Gluten-Free, Grain-Free Breads, Muffins, Cookies & More Enjoy!

For me, the book itself is as delightful as the recipes held on its pages! I was in somewhat of a rush when my copy of bread-free bread arrived, but ended up reading all the way to the recipe section before I could put it down. Wow, never knew a recipe book could be so intriguing! Included in this part was the mention of pan lining paper, of which I was unaware. Yes, it makes a difference, and just like a few simple ingredients that are readily available most places, I found it easier to eventually order this online vs. roaming my rural area continuing to look for it. I also order some seeds and nuts online and this allows for more choice in quality ingredients, etc. The author, Nerissa Oden, did the hard part, and it is a joy for me to experience the recipes however I have to make them come together. The very first recipe I made turned out beautiful, which was exciting & encouraging. What I discovered is that all the recipes are created to be a success even for an amateur in the kitchen! Whenever I found myself wondering about something, lo & behold there would be a NOTE answering my question. Lots of goodies inside, but one of my favorite things is to now have the knowledge to make healthy tortillas, especially the Garlic Spinach Tortillas. This book is a wonderful size and has a special feel to it. Will admit that I like to fan through it to see all the tantalizing photos and feel the love with which it was obviously created. bread-free bread also makes a beautiful gift! It is great by itself, but if you wish to encourage someone, add it to a basket along with the ingredients and/or necessary items for one of the recipes inside, and if anyone tries just one, they will be hooked! Joy!

This book is easy to follow and understand the recipes I've tried all had good flavor. My paleo and vegan friends alike love what I make. Mostly, I like being able to KNOW absolutely KNOW what is in my food. Here's to healthier eating choices and some of the best crackers you'll find ..

Trust me when I say You-Need-This-Book-In-Your-Life! I am not typically one to write reviews, good or bad, but this deserves an exception. I have made three recipes so far (sunflower zucchini loaf with pine nuts, ranch onion bread, and the black bean brownies) and each exceeded my expectations. I mean, you look at the ingredients and would never think the end result would taste like THAT. Super simple and with real, easy to find ingredients, this book is win-win. My next recipe

will be the garlic pumpkin seed crackers. Hats off to Nerissa for sharing this labor of love.

Yes, I love this book. I have tried 6 recipes so far and all are winners, especially the crackers. Using seeds and vegetables to restore comfort foods and comfort is a no brainer. I can now easily turn my whole household grain free!

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