



# Sweet Goodness: Unbelievably Delicious Gluten-free Baking Recipes

*Patricia Green, Carolyn Hemming*

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Both healthy and deliciously decadent, these simple recipes use a manageable number of easy-to-find gluten-free and alternative ingredients. Just because these recipes are gluten-free does not mean they are lacking! Filled with flavor, these unique recipes have the look, taste, and texture you'd expect in regular baking. And, your baking will benefit from the health-boosting benefits of gluten-free ingredients like coconut, millet, oats, quinoa, chia, psyllium, and alternative sweeteners like honey, maple syrup and less-refined, organic sugars. Inside you'll find over 100 tried-and-true baking recipes that are gluten-free but do not sacrifice taste. For those new to gluten-free baking or those who are experienced, these recipes have wide appeal for the whole family.

*Sweet Goodness* includes all the basics of using the key ingredients and techniques in gluten-free baking that are essential for gluten-free baking success. The authors also provide details on other important factors such as moisture in gluten-free recipes, grinding flours, storage and how and why you should make your own gluten-free flour combinations instead of buying ready-made gluten-free flour blends. And, you'll find lots of tips and troubleshooting tricks to ensure your recipes turn out just as expected every time.

Inside *Sweet Goodness* you'll find delicious baking including Ancient Grain Bread, Cinnamon Buns, Chocolate Whoopie Pies, Cream Puffs, Toffee Maple Bacon Scones, Soft Ginger Squash Molasses Cookies, Apricot Walnut & Pine Nut Granola Bars, Old-Fashioned Cake Doughnuts, Mashed Blueberry Lime Hand Pies, Double Layer Chocolate Chia Zucchini Cake, and a wide variety of breads and doughs, cookies and bars, simple baked goods, tarts and pies, and special occasion treats.

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