



Flying Apron's Gluten-Free & Vegan Baking Book

Jennifer Katzinger

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Over the last decade, a vegan diet has become a more mainstream choice; food allergies have been increasing at alarming rates; and celiac disease is on everyone's radar. When owner Jennifer Katzinger opened The Flying Apron Bakery in 2002, she wanted to accommodate more people, as well as use healthier ingredients so she eliminated gluten, dairy, egg, soy, and wheat. The mouthwatering result? Cakes and muffins with a tender crumb, cookies with a chewy bite, frosting that's light yet satisfyingly sweet, and pastry that flakes at the touch of a fork. In Flying Apron's Gluten-Free and Vegan Baking Book, Katzinger shares the delicious secrets of her sweet and savory recipes. Bake yummy pastries like Blueberry Cinnamon Scones and Lemon Poppy Seed muffins, or whip up a batch of Chocolate Chip Cookies, or Cardamom Spice Cupcakes. In more than 80 recipes, Katzinger offers satisfying treats, whether you're transitioning to a vegan or gluten-free diet, or simply wanting to indulge a sweet tooth using healthier ingredients.

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Mary Deleon:

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