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The Allergen-Free Baker's Handbook by Cybele Pascal I like the idea that this book focuses on baking for those with all the common allergies It can be hard to find a baking recipe that doesn't call for wheat, eggs, soy, etc. 100 recipes are included!

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Cybele uses two from-scratch flour mix recipes in The Allergen-Free Baker's Handbook: One gluten-free flour blend for the pastries that contains brown rice flour, tapioca starch/flour, and potato starch (recipe shared here); and one for the savory baked goods and yeast breads that contains millet flour, sorghum flour, tapioca starch/flour, and potato starch.

## **The Allergen-Free Baker's Handbook by Cybele Pascal (Review)**

Free to Eat Sweets! The number of people with food allergies is skyrocketing, leaving puzzled cooks and anxious parents eager to find recipes for "normal" foods that are both safe and delicious. The Allergen-Free Baker's Handbook features 100 tried-and-true recipes that are completely free of all ingredients responsible for 90 percent of food allergies, sparing bakers the all-too-common ...

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