



Wake Up to Toaster Cakes: Easy Healthy Hot from the Toaster (Paperback)

By Lynda McDaniel

On Demand Publishing, LLC>Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ready for healthy and easy breakfasts (or snacks any time of day)-straight from the freezer to the toaster? Wake Up to Toaster Cakes includes 37 new and original gluten-free, low-carb, sugar-free recipes like Lemon Blueberry, Orange Cranberry, Almost Buckwheat Pancakes, Spicy Chai, and Wild Oats Toaster Cakes. Savory flavors include Rosemary Onion, Boston Brown Bread, and Irish Soda Toaster Cakes. Plus 13 recipes for spreads that are just as healthy. You won't find these recipes anywhere else! Wake Up to Toaster Cakes includes recipes for special-diet baking-but they taste so good you won't know they're good for you! Life's too short to eat gruel in the name of healthy, McDaniel explains. One of my must-have ingredients is joie de vivre. By using a combination of dry ingredients-almond and oat flours, ground flax seed, whey and stevia powder-plus unsweetened almond milk, McDaniel created recipes with low carbs (just 7 carbs per cake) and higher protein (6 grams per cake). And she found recipes work just as well with two egg whites as one whole egg, resulting in an...



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Reviews

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This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

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