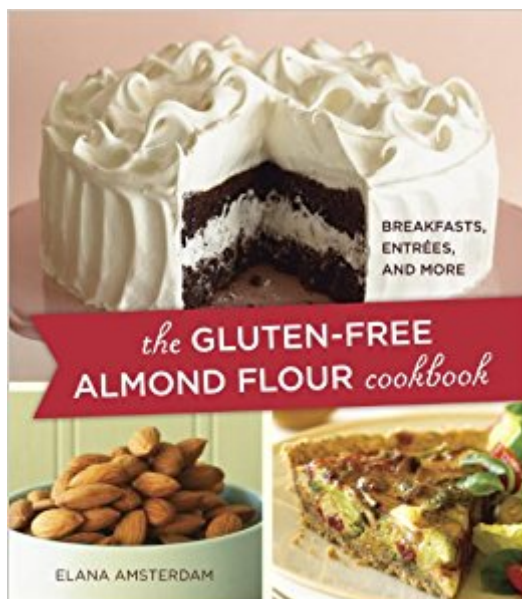


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# The Gluten-Free Almond Flour Cookbook



## Synopsis

The prevalence of celiac disease and gluten sensitivity among millions of adults and children has created the need for gluten-free recipes that are as nutritious and tasty as their traditional counterparts. Popular food blogger Elana Amsterdam offers ninety-nine family-friendly classics--from Pancakes to Eggplant Parmesan to Chocolate Cake--that feature her gluten-free ingredient of choice, almond flour. Because these recipes are low glycemic, low in cholesterol and dairy, and high in protein and fiber, they are also ideal for people with diabetes, obesity, and high cholesterol. So whether you're looking for a quick breakfast treat, a comfort food entrée, or a showstopping dessert, *The Gluten-Free Almond Flour Cookbook* proves that gluten-free cooking can mean healthy eating for everyone.

## Book Information

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## Customer Reviews

"Outstanding gluten-free goodies... this lovely cookbook, full of enticing photos, has my mouth watering."  
•DeliciousLiving Magazine: Blog "The need is huge for cookbooks for celiacs on limited diets. They will welcome *The Gluten-Free Almond Flour Cookbook* when it arrives."  
•Providence Journal "Flour Girl: Gluten-Free Almond Joy"  
•Washington Post "Amsterdam's recipes will carry you through the day, with pancakes for breakfast, pizza for lunch, and quiche for dinner. She takes classic recipes...and adapts them to almond flour, creating plenty of meal options."  
•Cookbook Digest "We all need to pay attention to the food we eat, all of the time. For people with celiac disease, this is normally an even greater challenge--but not for Elana! Her

healthful and flavorful recipes taste as good as they are good for you. Made with almond flour and high in protein and fiber, these dishes are sure to even please the gluten eaters in your family!"

•Alice Bast, President and Founder of the National Foundation for Celiac Awareness (NFCA)

"For many people, normal food becomes off-limits when they find they have an allergy or condition, such as celiac disease. To wrestle new limitations into foods that are every bit as delicious and appealing (if not more so) is a coup to be celebrated. Having tried the chocolate chip cookies, I speak from experience when I say there is nothing lacking in these recipes. They are truly wholesome and delicious!"

•DEBORAH MADISON, Vegetarian Cooking for Everyone

"Elana has a tremendous gift for creating classic recipes using healthy ingredients. Her high-protein, gluten-free treats are incredibly tasty! I highly recommend this book if you are looking for good food that is also good for you."

•DR. ROBERT ROUNTREE, Smart Medicine for a Healthier Child

"Local hero Elana Amsterdam (straight out of Boulder) offers dozens of wheatless recipes from chicken parmesan to chocolate cake, all of which call for gluten-free almond flour. Enough of the recipes will appeal to gluten-eaters to make this collection a great go-to resource for blended families and/or hosts cooking for gluten-intolerant guests. Readers with a sweet tooth are especially well-served here, but savory recipes like salmon burgers round out the roster."

•The Denver Post,

"Causing a STIR: Best Cookbooks of 2009"

"In her Gluten-Free Almond Flour Cookbook, the ingenious celiac Elana Amsterdam offers another possible approach, a sandwich bread made from finely milled almond flour (do not use Bob's Red Mill brand) and almond butter that is nutty and versatile. Amsterdam's recipes are refreshingly simple, as the almond flour reduces the need for the expensive and obscure mix of flours other gluten-free recipes require.... But the ground nut has other virtues, including high amounts of protein and vitamins and low glycemic impact. Amsterdam employs it in a range of dishes, from shortbread cookies and carrot cake to a savory tart with kale. Her snappy herbed crackers, which are a welcome change from commercial nut-thins and dry rice crisps, are equally easy to make and delicious."

•The Philadelphia Inquirer,

"Gluten-Free But Still Tasty"

\* A full-color collection of 99 no-gluten, lightly sweetened, quick-and-healthy recipes made with almond flour. \* Almonds are today's superfood: high-protein, low-glycemic, low-cholesterol, and full of fiber and antioxidants. \* Author's website on gluten-free cooking receives 50,000 hits per month.

I'm giving this book 5 stars even though I have had some issues with it, because the author has

created a great resource for alternative baking. Many people avoid starchy flours because of allergies, special diets, or a combination, and Elana has done a great job experimenting with the use of almond flour in a very wide range of baked goods. There is no other resource for almond flour baking that remotely approaches the breadth of this cookbook. You really can make everything from chocolate chip cookies to chocolate cake to pie dough with almond flour. I'm incredibly grateful to the author for trailblazing into this new frontier. The recipes do have various notable peculiarities (see below), and of course different readers, especially in the context of the specialized diets to whom almond flour baking will appeal (including scd, paleo, low carb, celiacs) will have different tastes, needs, and restrictions. However, I have found the recipes to be very adaptable where my tastes or needs diverged from the author's. Potential buyers should know that this book is not only geared towards grain-avoiding and celiac diets, but also aims for a 'healthy' approach to baking, in the name of which it largely avoids butter and refined sugars. In addition to the titular substitution of almond flour for wheat flour, there is a relatively single-minded substitution of grapeseed oil for butter/shortening and agave nectar for white sugar. While I don't have any general problems with agave or grapeseed oil, unlike some readers, I'm not satisfied with these ingredients in all cases. In particular, I generally prefer the flavor and mouthfeel of butter over grapeseed oil, and I find agave nectar imparts an unwelcome sticky, flaccid texture to baked goods like cookies and biscuits, especially over time (I like it just fine in cakes and muffins). Still, I've had fantastic luck substituting 'back' butter and sugar where I want them, although when agave is removed, one sometimes needs to add more recipe-appropriate liquid (e.g., milk or egg) to compensate. These recipes are highly adaptable, which makes the book that much more user-friendly. I'd say that this is also a baking book aimed more towards cooks than bakers. The recipes are pretty quick and dirty- dump and stir affairs. There aren't a lot of fiddly steps, using 7 different bowls to mix subrecipes, or explanations of techniques and experimentation a la cooks illustrated. I'm sure that aspect wins the book lots of fans among busy parents and those who don't enjoy the craft of cooking, but as someone more in the love-to-bake camp, I would have appreciated more attention to detail, use of various baking techniques that lead to a better texture in final products and experimentation with the kinds of fillips that separate the pedestrian recipe from the sublime. For example, in some of the cake and muffin recipes, I find the recipes substantially improve if one takes the time to beat sugar (or agave) and eggs to a ribbon, or beat egg whites separately and fold them in. I also wish the ingredients were given in weight (at least somewhere in the beginning)-- I had a number of failures until I realized the author packs her almond flour. Some of the baking times and such have also been off-- these kinds of details really matter for baking, and hard core bakers will be frustrated at the lack of precision. As

I've said, even though this isn't the perfect cookbook for my particular needs, it is a wonderful starting place for my gluten free and grain free baking experiments. (There is also a savory chapter, but I haven't really used it.) Some particular favorites are the crackers (all fantastic), chocolate cake, chocolate chip cookies, chocolate cherry cookies, and pecan shortbreads (all of which I strongly prefer with creamed butter and sugar, though.) Although the cookbook is pretty small, I've still only cooked a small portion of the recipes (the author's website provides a lot of additional inspiration as well). I'm looking forward to baking through more of the recipes, adapting and changing as I wish.

I bought this book because I was looking for a way to lower my "carb" footprint. I don't have a problem with gluten, but I cannot tolerate artificial sweeteners. I know that to reduce your carbs, you must reduce or eliminate sugar and white flour. I like to bake and I like my desserts, so I was pleased to find that this book uses agave as the sweetener in most recipes. I have made the Ginger Macadamia Brownies which are wonderful! I did omit the ginger because I don't care for it, but you wouldn't know they were gluten free. They do tend to be somewhat cakelike, rather than fudgy, but I don't mind it. My family loves them. I also made the Praline Shortbread Squares which would not stay together. The almond flour bottom portion of the bars fell into crumbs. It seems to need a binder to hold the crumbly almond flour together. I believe that the agave nectar in the crust is what they used, but I didn't find it enough. That said, the praline mixture on the top was fantastic. I have not yet made any of the savory items in the cookbook, but am looking forward to it. My reason for 4 stars out of five is that there is no nutritional information on the recipes. I would have appreciated a carb count/calorie breakdown on the recipes. I did calculate it for myself and found the carb counts to be pretty low.

I love this book. The ONLY thing that would make it better is if the recipes had the nutritional information to go with them. I cook for diabetics and I really need to know that carb count to be able to do it well. That said, I have a few friends who cannot do gluten at all who will absolutely love getting a copy of this to add to their repertoire of recipes. And everything is delicious!

Best almond flour cookbook out there! Every recipe we've made has been a huge success. Sandwich bread, carrot cake, chocolate chip cookies, lemon bars, pancakes! And drop biscuits to die for! For a savory version we replace the agave nectar with buttermilk, add shredded cheddar cheese and dry dill and cook them until golden to dark golden brown! So good! If you're looking for low-carb, crazy-good recipes, buy this book!

I have only tried a couple of recipes so far. Almond flour I had was not fine enough for the result I wanted for two of them. Even though the degree of fineness for the flour is mentioned later in the recipe, it would have been very helpful to know which brand was best for the recipes.

Awesome cookbook and a must have for anyone who loves grain free baking!UPDATE 06/24/2017: I've tried many, many recipes from this cookbook. Every single one has turned out great. Elana has a knack for creating almond flour baked goods. This is always my go-to book for baking!

This book has been a lifesaver for me! Forced to eat a modified paleo diet due to my nursing son's terrible food allergies, I thought I'd never have baked goods again. Along comes this book and I've loved everything out of it!While I don't eat agave, I've had no problems subbing in an equal amount of honey. I don't understand why so many people complain about the agave in the reviews- if something in a recipe doesn't work for you, change it to meet your needs. Isn't that the fun part of cooking?We have the pancakes weekly and even my husband, who is dubious at best of all my "health" food, devours them and enjoys them.I recently ordered almond flour from Honeyville as the other brands I was using just weren't giving a good finished product. I also ordered the bread pan recommended and look forward to having bread again without all the empty nutrition of gluten. I highly recommend this book to anyone with food allergies or someone just looking to try something new.

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