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# AQUAFABA: EGG FREE REVOLUTION: Discover The Magic Of Bean Water & How To Use It To Make Vegan, Egg Free Recipes



## Synopsis

**AQUAFABA: EGG FREE REVOLUTION!** Discover The Magic Of Bean Water & How To Use It To Make Vegan, Egg Free Recipes—<sup>o</sup> FREE KINDLE BOOK W/ EACH PAPERBACK—, „What Is "Aquafaba"? Aquafaba is basically the new revolutionary vegan œegg replacement•. The name œAquafaba:: was coined by American founder, Goose Wohlt. Wohlt, a vegan baker, discovered that chickpea liquid alone can be used as an egg substitute to make vegan meringues that are identical in taste and texture to traditional egg-white meringues. Aquafaba literally means "bean water" œ the water that beans are soaked and boiled in. Aquafaba is found in cans of chickpeas, but can easily be made by soaking and boiling dried chickpeas, and collecting the bean water. REPLACING EGGS IN RECIPES HAS NEVER BEEN THIS EASY! You only need three tablespoons of Aquafaba to replace one egg in most recipes. It works best in recipes where eggs are used as binders, such as cookies, brownies and cakes, such as cheesecake. For optimal results, Aquafaba should not be used to replace more than three eggs in a recipe. With Aquafaba (Bean Water) You Can Learn To Make Wonderful, œ Egg Free Recipes, Such As: Egg-Free Mayonnaise Soy-Free Vegan Cheese Breakfast Burritos Middle Eastern Hummus Seitan Piccata Aquafaba Butter Aquafaba Omelette Aquafaba French Toast Lemon Meringue Pie Pancakes With Aquafaba and MANY more! If you are into egg free baking and have been looking for a real way to replace eggs in your favorite recipes, then this egg free cookbook is EXACTLY what you need. After reading this egg free cookbook, you'll be able to: Make fluffy vegan desserts & cakes Turn virtually every beloved recipes into a vegan recipe Utilize the chickpea water / bean water you used to throw away Make healthier recipes and invent new cakes and desserts make meringue pies, pancakes, homemade butter and more. All of this - for a one time investment of a few dollars. So I ask you: œ what do you have to lose? don't you wanna save money in the long run? wouldn't you love to eat your favorite desserts and œ be healthier?—<sup>o</sup> FREE KINDLE BOOK W/ EACH PAPERBACK—, „Go ahead, get your copy of this revolutionary egg free cookbook and discover the magic bean liquid that's about to take the vegan world by storm!

## Book Information

File Size: 233 KB

Print Length: 47 pages

Page Numbers Source ISBN: 1537102435

Simultaneous Device Usage: Unlimited

Publication Date: August 11, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KAIDKXK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #81,993 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #11 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies #26 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains

## Customer Reviews

Definitely an interesting way of cooking for me since I like anything with eggs. However the recipes all look great and delicious. The majority of them are pretty easy to make and could be on my favorite foods list. The amazing part is that, of you know someone who is allergic to eggs, this recipe book will be put into good use. This is the first time that I've heard about the term aquafaba and never knew how much recipes without eggs are available. Hopefully I will like how the food will taste but never the less, I like learning new ways to cook.

Recipes definitely very basic and could be found on the internet for free. And who needs 3 (slightly) different recipes for mayonnaise? There is a brownie recipe (p. 37, recipe 25) that is completely incomprehensible as it calls for making a 'crust' but the recipe does not delineate which ingredients are intended to be for this so-called 'crust'. It then goes on to instruct the user to add guar gum and cream of tartar, which are not even listed in the ingredient list. Also, ingredients are mostly given in measurements of cups/tsp/tbsp etc but some ingredients are only given in ml or grams without the conversion listed (see seitan piccata recipe p. 10); some recipes do have the US equivalents provided. Some temperatures are provided in degrees F and others in degrees C, some do not give either (see Simple Meringues p. 16). Overall, a sloppily written and poorly edited collection not worth the money.

I purchase this book because I'm a vegan lover and this book has a bunch of interesting recipes. In

this book you will learn and discover the magic bean of water and how to use it to make a vegan egg recipes; the instructions on how to prepare the recipes inside this book are very easy to follow and understand. Spending my money and time on this book is really worth it!

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