

The book was found

SPOOKtacular Gluten-Free Halloween Desserts



Synopsis

Halloween is our favorite holiday, but we couldn't stand the day of guilt that followed. This little book is our solution: TO-DIE-FOR desserts that aren't killers. This year you can give a Halloween party and feed your friends gluten-free, dairy-free treats made with all natural ingredients. You can create your own Witchy Carrot Cake Cupcakes or a scary graveyard chocolate cake using alternative flours: quinoa, rice, or millet. The directions are all here. The trick is these gluten-free desserts aren't frightful at all. They're nutrition in disguise. They're delicious and "SURPRISE!" they're actually good for you!

Book Information

File Size: 10101 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publisher: Inner Splendor Media LLC; First Edition edition (October 6, 2013)

Publication Date: October 6, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00FP4DU8A

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #414,082 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Halloween #121 in Kindle

Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Holidays #148

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Seasonal

Customer Reviews

As the author of a middle-grade Halloween book, a long-time Pilates and Spinning instructor, and an avid baking fan, I've hit trifecta gold with Spooktacular Gluten-free Halloween Desserts. The Barrios/Fragoso team blends the perfect amount of creativity and instruction to create recipes that are healthy, spooky, delicious delights. They also show you that with just a few small steps, those processed sugar-addled desserts can easily be transformed into simple but ghoulishly fun

Halloween treats without the residual guilt--being healthy doesn't have to be complicated. Can Halloween get more Spooktacular? I think not.

I got the paperback version and it is a lovely, glossy book. The recipes are very easy to follow and for recipes that have more complicated decorating steps there are pictures that show you exactly what to do. I myself am not gluten free so I am not familiar with flour substitutions etc. Now I feel confident about my gluten free cake and cookie baking, mostly because everyone loves what I've made from the book. Lastly, the cake and cookie recipes are great to have for everyday baking. Thanks for a great book.

This is a wonderfully fun cook book! I bought this book recently as I am new to baking and I was really curious about alternatives to wheat, flour and refined sugars. I found the steps easy to follow and my treats turned out delicious. It happened that one of my neighbors called over the evening I was just finished baking and she was smiling at the scary characters even before tasting them. I work with adults with learning disabilities many of whom are diabetics or gluten intolerant. I plan on taking this book to work in the lead up to Halloween so we can bake together and have fun party food. Perfect for families too.

Finally a halloween treat book filled with nutritious recipes that everyone can eat! Beautifully decorated cupcakes, cakepops, cakes and cookies with the goodness of quinoa, coconut, and other nutritious ingredients! Kudos!

If you are like me, on a diet, and know that the many sugary treats around Halloween time are going to be a bit of a temptation, fear not. A healthy and - more importantly - absolutely delicious alternative has arrived in the form of a little recipe book, entitled Spooktacular Gluten-Free Halloween Desserts, authored by Manasi Frogoso, Kanta Barrios and Vidura Barrios. You may have heard of their awesome Facebook page, I Love Halloween, which you must "like" if you are obsessed with all things related to All Hallows' Eve. The book offers several recipes for cakes and cupcakes, cookies, and other confections. In these recipes, you will replace flour with quinoa, millet, almond meal, and coconut. In many instances, sugar will be replaced with coconut sugar. Other organic ingredients are encouraged. The recipes within are fun and easy to make, and they include Witch and Zombie Fingers - which are shortbread cookies that look exactly like, well, witch and zombie fingers - Zombie sugar cookies, Evil Pumpkins, Frankenstein Cake, and Wicked Witches

cupcakes. The Ghosts and Pumpkins cupcakes are particularly adorable, and look scrumptious enough. The Bewitched Pumpkin Pie and One Eyed Monster candy apples are also fun! All in all, this book is well worth purchasing. It is one of the most inventive recipe books that I have ever come across. It is available on .com. You should buy one as soon as possible. Many wonderful Halloween memories are to be had as a result of this book!

This is a WONDERFUL book! The pictures are beautiful and the recipes are quite easy. My five-year-old daughter and I just made the Devil Cake Pops and had SO MUCH FUN! And they are delicious!. I'll be recommending this book to all of my Halloween-loving friends.

[Download to continue reading...](#)

SPOOKtacular Gluten-Free Halloween Desserts
Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2)
Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes)
Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ...
Gluten Free Recipes On a Budget Book 6)
The Gluten Free Geek's No Tricks Just Treats: Gluten-Free Goodies for Your Halloween Happenings (The Gluten-Free Geek's Guides)
Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3)
WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1)
The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking)
GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57)
The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!
Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2)
Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free)
Cake Pops Halloween: Tips, Tricks, and Recipes for 20 Spooktacular Treats
Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free,

Gluten-Free, Soy-Free, Peanut-Free, Nut-Free My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe Machine (Frozen Desserts & Soft Serve Makers) Bread Machine Gluten Free: 13 Gluten Free Bread Recipes for Your Bread Maker Machine (Celiac Disease, Gluten Intolerance, Baking) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare.

[Dmca](#)