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Flourless.: Recipes for Naturally Gluten-Free Desserts

Nicole Spiridakis

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This collection of dessert recipes is so delicious no one will know they are gluten-free! With 75 recipes for naturally gluten-free desserts, author Nicole Spiridakis uses a wide range of non-wheat flours to finesse the balance between decadent and dietary. These tasty recipes bypass complicated alternate flour mixes and hard-to-find "gums," fulfilling the increasing demand from those embracing a gluten-free diet (whether by necessity or choice). With creamy puddings infused with warm spices, cloudlike meringue cookies, dark chocolate brownies, and fruit crisps and crumbles, *Flourless.* turns dietary restrictions into something scrumptious.

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