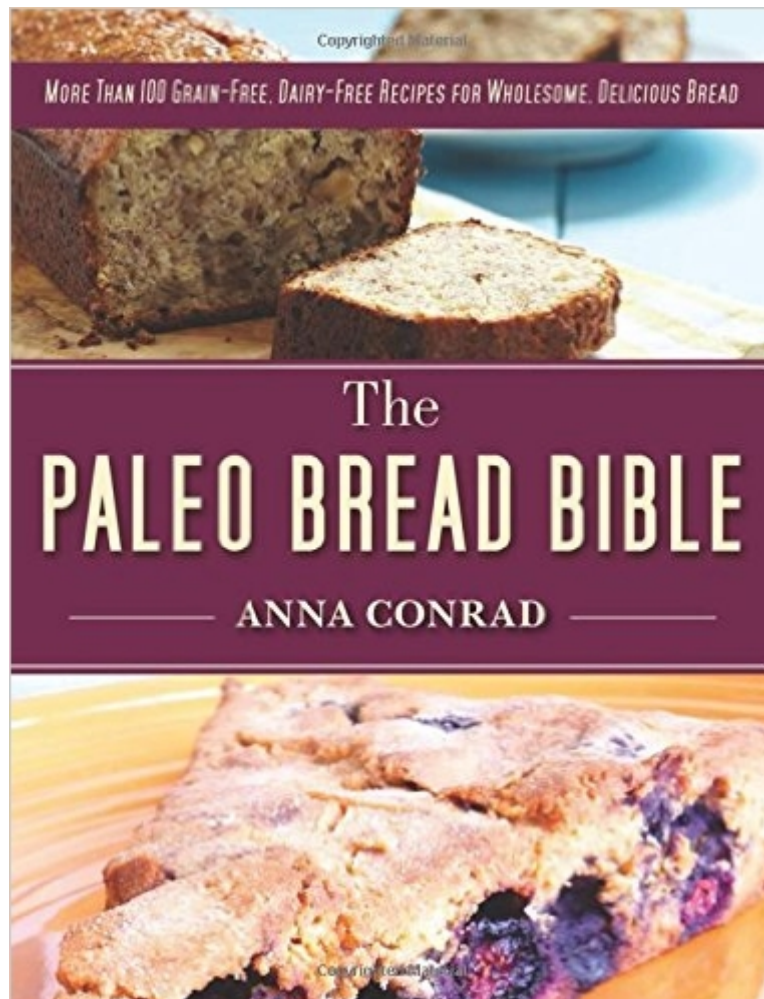


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# The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes For Wholesome, Delicious Bread



## Synopsis

When Chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's 28-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. But what about bread? How can you make bread without grains? In this book, Conrad teaches how to make wholesome and satisfying breads with almond flour, coconut flour, and a host of other delicious, non-grain flours. Recipes include: Almond Sandwich Bread Coconut Sandwich Bread Rosemary and Olive Oil Bread Sweet Potato Rosemary Focaccia Savory Bacon and Scallion Muffins Savory Bacon and Scallion Muffins And many more! From sweet breads to sandwich breads, Italian favorites to Swedish delights, this book has something for every bread lover. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

I was so excited to get this book and the recipes are all awesome. The reason I give this three stars rather than 5 is because there is a huge error in the recipes for sandwich breads. I made the honey sandwich bread and followed the recipe to a T and it came out completely crumbled and dry. The flavor was great, but it wasn't bread. I was pretty frustrated with the fact that I couldn't find any contact information for the author to even ask how to fix this, but luckily I was able to contact the publishing company and they asked her my question. So, for the sandwich bread there are actually NO eggs listed in the book and yet ALL of the sandwich breads require 3 eggs! That's a MAJOR error, in my opinion. I bake often, but I don't understand what I'm doing- I just follow recipes. Aside from this big error and not being able to contact the author, I was really bothered by the fact that this error exists and there is no email or anything sent to consumers about the corrections. Although this book has great recipes and I'm sure a lot of heart went into it, that was a big mistake and those ingredients are not cheap! I'm living off a student salary of negative dollars, so wasting however many cups of almond flour and things alike is not really an option for me. I'm hesitant to try more recipes in the book because I don't know if there are other mistakes.

First of all, this is a wonderful book! It's chocked full of easy to make recipes that will satisfy your craving for breads. I've given it four stars only because there are some errors in the recipes. I want to stress that I emailed the author who promptly and graciously provided corrections for the two recipes about which I inquired, plus more I didn't catch. I greatly appreciate her response. I did learn that three eggs should be added to the four sandwich bread recipes and that the second ingredient in the Pioneer Bread should be almond meal instead of additional almond flour. I do agree with some of the customer reviews of other "Paleo Bible" cookbooks by the same author; she could probably benefit from a new editor, and many recipes that are variations on a theme could be featured once with the variations listed at the bottom of the page. It would make for a thinner book and likely cheaper to publish. It would still be a bargain at the price I paid for this one.

I totally agree with Jeanie - it took almost half the package of almond flour I just bought (\$13) for the failed honey sandwich bread recipe because the author neglected to add eggs! WHAT?! How can that be for a cookbook. Crazy. I am, however going to give it another try having read that each

recipe calls for 3 eggs but the fact that I couldn't contact her either made me upset from the get-go. Not a good first impression. I hope it gets better.

I've been eating paleo for about 2 years now, and I only started exploring recipes for foods I thought I'd never enjoy again. Everything is pretty easy and quick to make but simple mistakes can really rain on your parade. I was making blueberry lemon muffins and get all of the ingredients together and following the steps exactly when all of a sudden it says to mix in the baking soda. The only problem is that there is no baking soda on the ingredient list. Thank God I winged it and they came out great, except for the fact that after using 3 cups of flour (coconut and almond) I ended up with twice the amount of muffins they said I would. After browsing through the book more carefully, I found that this happens with A LOT of the recipes, also mistakes to the measurements. 4 Tbsp of baking soda in a dozen cookies?! This book is good if you can handle taking the reigns yourself from time to time.

I have other paleo book from this author that is my favorite and I was very very excited when I first found this Bread Bible at , I had to buy it. First try was Cranberry Walnut Bread, it came out very soggy, it did not even be baked through. Second recipe I tried was Sandwich Bread, it came out crumbly. I followed recipe well and both came out bad. I looked all recipes through the books and most recipes looks some kind of error. I was very disappointed at this book, I will recycle this book to the paper. It was waste of money.

1st try - the sandwich bread. majorly missing some wet ingredient, couldn't figure it out. had to throw it all out.what a waste and what a disappointment.not sure i will try any more recipes, probably not worth it :(

Three stars so far....I made my first recipe from this book- Lemon Blueberry Muffins. First typo - recipe says to blend flours, sugar, baking powder and baking soda. Problem is that there is no baking soda listed as part of the ingredients. I believe the second typo is the amount of coconut flour. In addition to the 2 cups of almond flour, it calls for 1 cup of coconut flour. Well when it came time to pour my batter into the muffin tins, it was extremely dry, stiff and crumbly. The muffins baked up horribly. This recipe says it makes 12 muffins. Well with 3 cups of flour, I got more like 30 muffins! What a waste of ingredients and my time.

I received the book as a gift, and thankful I read the reviews here before wasting expensive ingredients. Recipe errors as large as excluding 3 eggs from each sandwich bread recipe, seemingly large amounts of baking powder/soda in some recipes, and poor instructions means I cannot trust this book with \$10/lb flours.

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