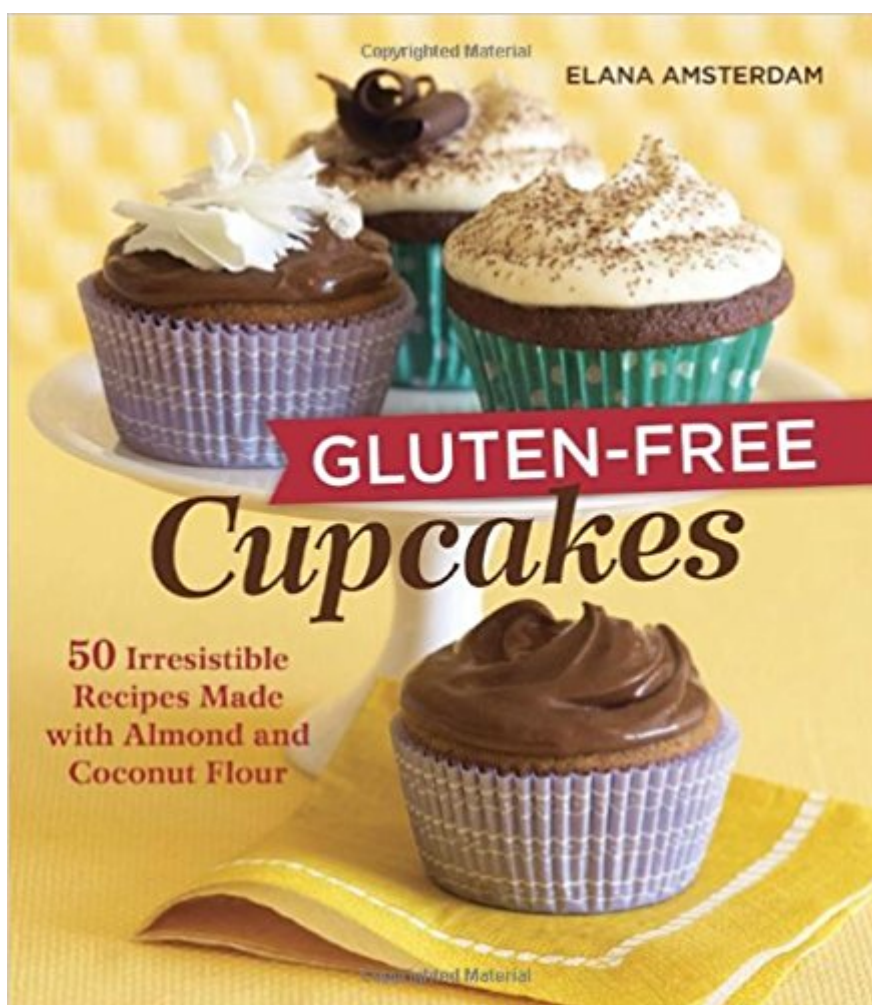


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Gluten-Free Cupcakes: 50 Irresistible Recipes Made With Almond And Coconut Flour



Synopsis

Cupcakes are the world's most adorable pastry—but until now, people with gluten sensitivities struggling to find sweetness on a gluten-free diet haven't had a cupcake cookbook to call their own. Enter gluten-free guru Elana Amsterdam, who has re-engineered the favored treat for today's dietary needs. Her colorful collection showcases classics like Red Velvet Cupcakes and Vanilla Cupcakes and features creative concoctions like Ice Cream Cone Cupcakes and Cream-Filled Chocolate Cupcakes. These simple-to-make—and simply delicious—cupcakes rely on coconut and almond flours rather than the sometimes difficult-to-source gluten alternatives. Some of the recipes are even vegan and dairy-free, and none use refined sugar. With fifty cupcake recipes plus a variety of frostings to mix and match, *Gluten-Free Cupcakes* offers delightful cupcake alternatives as tasty as their traditional counterparts—to anyone in need of a little cupcake fix.

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Customer Reviews

“Elana Amsterdam's recipes are always beautiful and irresistible, and her gorgeous cupcakes are no exception. Everyone's gluten-free and otherwise will love this collection of recipes.”
—Ree Drummond, *The Pioneer Woman*
“Elana's lovely book full of wonderful gluten-free cupcake recipes is a must-have for anyone with celiac disease—enjoy these cupcakes!”
—Peter H. R. Green, MD, Director of the Celiac Disease Center at Columbia University

ELANA AMSTERDAM is the popular food blogger of Elana's Pantry, where she has written

about gluten-free cooking and baking since 2006 after she and her son were both diagnosed with celiac disease. Elana's first book, *The Gluten-Free Almond Flour Cookbook*, was named one of the *Denver Post's* top cookbooks of 2009. Her writing has appeared in diverse publications including *Shape*, *Natural Solutions*, *Delicious Living*, and *Delight* magazine. She lives with her family in Boulder, Colorado. Visit www.elanaspantry.com.

This is a beautiful book. The instructions for each recipe are clear and concise, and the photos are scrumptious. It makes me excited about making grain-free, sugar-free cupcakes. I look forward to making all the cupcakes and muffins in this delightful little book -- triple chocolate, red velvet, vanilla fig, apple spice, banana split...YUM! Thanks Elana! My one small quibble with the book is that Elana uses agave nectar in all but one recipe. I won't use agave nectar because of its high fructose content which is a strain on the liver and creates insulin resistance over a period of time. It's absolutely true that honey and agave can be substituted 1 to 1 or 1 to 1.25 (agave to honey) depending on your preference for sweetness. I would rather use a granulated sweetener that does not raise my blood sugar much at all, though. For every 1/2 cup of agave nectar that a recipe calls for I substitute 5/8 cup erythritol + 1-2 scoops of KAL stevia extract powder + 1/2 cup of a liquid like coconut milk or almond milk. I also increase the baking temp by 25 degrees. Everything else in the recipe stays the same. For those of you who have trouble getting unusual ingredients where you live, you can use any granulated sweetener in place of the erythritol. Just skip the stevia if you're using sugar, since sugar is sweeter than erythritol.

I have both of Elana's cookbooks (the other one is the *Gluten Free Almond Flour Cookbook*) and they are great! I have insulin resistance (Pre-diabetes) and if I do not watch what I eat I could easily end up on insulin some day. Many of Elana's recipes include almond flour making the foods low-carb high-protein. I no longer have to cringe when my kids ask for a cupcake or almond flour cookie because I know they will not have the drastic sugar high and crash. My daughter loves Red Velvet Cake - but it is loaded with sugar and calories. This cookbook has a recipe for Red Velvet cupcakes, while this recipe does not have almond flour - thus doesn't have the higher protein count. It is made with significantly less sugar and yet still tastes great - my daughter didn't even notice the difference. She liked them so much she didn't even want the frosting to go with them - she just ate them plain!! Do know that following her methods of cooking will require an initial investment as most people do not usually stock the ingredients she calls for. But know the investment is worth it.

First I make my own almond meal. I just can't afford to buy what she recommends. Buy the almonds and run them through a food processor. Now you have almond meal. When I got the cookbook I almost returned it I was so disappointed. Second I am NOT cooking with Agave. That said I really really like this cookbook. I use maple syrup for almost everything as a direct substitute. Rarely the recipes are just okay, but most of the time they are fabulous. I would never have thought of some of these recipes. I am getting my children to eat gf without complaining or feeling left out. If you don't have access to what she recommends still give it a try. I am thrilled! The triple chocolate cupcakes remove any temptation I have when faced with gluten treats! The strawberry cupcakes don't even need icing. I could go on and on.

I've made the two "classic" cupcake recipes, vanilla and chocolate, several times. We can't make the recipes using almond flour because my son is allergic to nuts, but for the two reliable, easy recipes I've made the price of the book was just fine. Keep an eye on your coconut flour--in some seasons in Wisconsin it absorbs more moisture than in others. I've found that the key here is not to over bake the cupcakes (which is easy for me to do because my oven runs hot). My son loves the white chocolate frosting. For an easy chocolate frosting I usually just use butter, cocoa powder, powdered sugar and milk or cream. My next attempt will likely be to substitute a mild honey for the agave nectar or maple syrup for the chocolate cupcakes. I'm not crazy about the agave nectar as an ingredient, but there are easy substitutions.

The recipes are fairly easy to make and taste better than you would think! The ingredients I thought would be hard to get but you can get them in most grocery stores in the natural food section. I like how the author makes things simple and approachable. I found it's best to do her recipes exactly as she has them written out! That guarantees success!!

I have only tried two recipes, the chocolate banana cupcakes and the spinach and feta, and they both came out fabulous. The cupcakes were moist, fluffy and super flavorful. My 14 yr. old picky daughter would ask for 2 of the spinach ones as an afterschool snack. They store really well in an airtight container in the fridge for a few days. To reheat the savoury cupcake I just wrap it in a slightly damp paper towel and microwave for 20 seconds. The chocolate banana is best eaten cold IMO. I played with the batter a bit by adding a tsp. of vanilla extract and stevia to the batter (for more sweetness) and folded in some peanut butter chips; it was delicious!! I am so glad I purchased this

one and I'm planning on getting Elena's other book too. I wasn't sure about exclusively using agave syrup in cakes at first but it seems to come out fine. It is really hard to find good grain-free gluten-free books, most of the ones out there use substantial amounts of rice/potato/corn flour (which is a big no-no for me). I have a feeling I'm going to be baking a lot more cupcakes during the holidays.

Absolutely love this book. In fact, I purchased a second copy to give to my niece because she's an upcoming "Queen of cupcakes"!

This cupcake book is great. Can't wait for fall when I can really dig in and enjoy exploring.

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