

Book Review

Planning a dinner party and can't remember if Uncle Steve is allergic to nuts, or if Sophie is still a vegan? Have no fear, Debbie Adler, owner of the popular Los Angeles bakery, Sweet Debbie's Organic Cupcakes, is sharing all of her secrets and techniques for allergen-free baking.

In her new cookbook, *Sweet Debbie's Organic Treats*, she provides easy solutions to cooking for your family and friends with any sorts of food allergies.

After discovering that her son had severe food allergies to nearly "every food in the USDA food pyramid,"

Debbie was inspired to make delicious treats that everyone could enjoy. Wanting to ensure that her son never felt left out or deprived of the sweets his friends could partake in, Debbie set off to make treats that are not only allergen-free but good for you.

Debbie starts the cookbook with an introduction to allergen substitutes (the ingredients that will become your best friend), and the techniques to become a successful allergen-free baker.

Each chapter focuses on different delicacies. For example, chapter 3 looks at delightful muffins that will have your taste buds tingling. The one that caught my eye was the **Salted Caramel Apple Muffins**. Next, the reader is whisked away to a chocolate lovers paradise with mouth-watering brownie recipes. The **Girl Scout Brownies** are Debbie's take on a classic Samoa cookie. Once you can put down the cookies, you are sure to get hooked on the cupcakes, especially Debbie's **Chocoholic Cupcakes** (be sure to leave your self-control at the door).

A nice addition to the recipes are the "sweet truths," which tell readers alternate ways of making or storing the recipes that will give each one a new twist.

While I was flipping through the book's pages, I was struck with a flashback of my BC (Before Celiac) life. Debbie's recipe for **Krispy Kale 'N' Cheese Soft Pretzel Rods** instantly made me remember mother-daughter outings to the mall. We always made a point of passing through the food court and "casually" ending up in front of Auntie Anne's for pretzels. Needless to say it took me about five seconds to decide I needed to make these pretzels. Debbie's All-Purpose Flour blend is a nutrient-packed blend with good-for-you grains, but let's be honest ... who has tapioca flour, sorghum flour, millet, ivory teff and quinoa flour just sitting around in their pantry? I certainly didn't, so instead, I substituted Debbie's blend for the 1-2-3 Gluten Free All-Purpose Flour (feel free to use whatever you have on hand) and the pretzels were just how I envisioned them.

It is clear that Debbie Adler's latest venture is sure to be an instant success. Grab your copy of Sweet Debbie's Organic Treats. It's in bookstores this month!



Krispy Kale 'N' Cheese
Soft Pretzel Rods



Girl Scout
Brownies



Salted Caramel Apple Muffins

Sweet Debbie's Organic Treats!

Allergy-Free & Vegan Recipes

REVIEW BY KRISTIN GRANT, DELIGHT EDITORIAL INTERN

PHOTOS COURTESY OF HARLEQUIN