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SPOOKtacular Gluten-Free Halloween Desserts: A Cookbook Of Delicious, Wheat-free, Dairy Free, All Natural Organic Recipes That Will Dazzle Your Guests At Your Scary Party

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Synopsis

Halloween is our favorite holiday, but we couldnâ ™t stand the day of guilt that followed. This little book is our solution: TO-DIE-FOR desserts that arenâ ™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 arenâ ™t frightful at all. Theyâ ™re nutrition in disguise. Theyâ ™re delicious andâ ”SURPRISE!â ”theyâ ™re actually good for you!

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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 ghouiishly 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 Hallow's 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.

This book is awesome, It was a gift for my friend, she can't eat gluten.She was so excited... thank you for writing this book!Happy Halloween Everyone.

What a creative, well thought out book with SO many recipes that use NATURAL ingredients! This book is what 2013 is all about: catching up with the times, and in this day in age we are all looking for healthy alternatives to the processed foods we buy or bake every day (especially on holidays). Everyone that enjoys baking or making spooky treats during halloween should have this book. Thank you to the authors for giving me SO many spooky treats that even my diabetic friends can eat! I hope you will do books for more holidays!

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