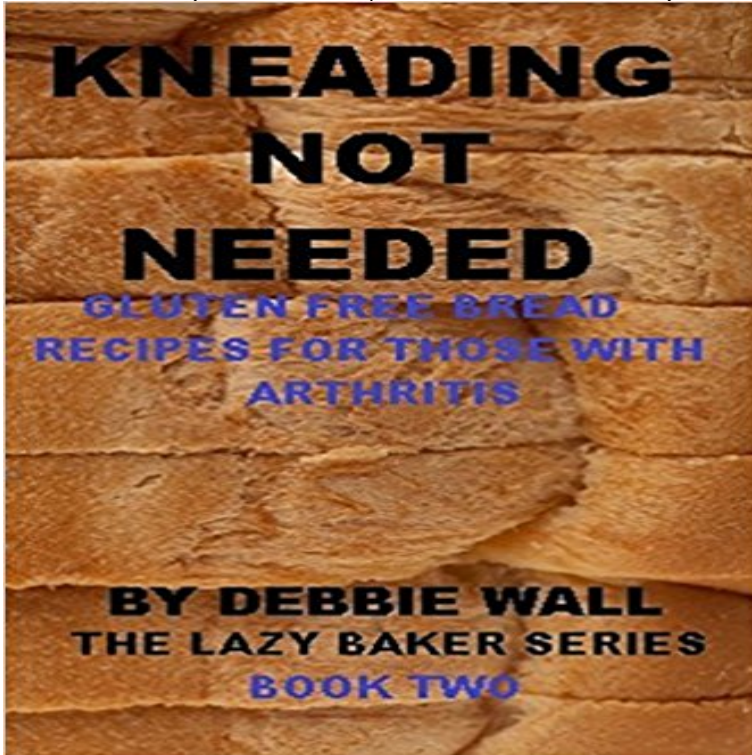


# Kneading Not Needed: Gluten Free Bread Recipes For Those With Arthritis (The Lazy Baker Book 2)



Who doesn't love the smell of fresh bread baking in the oven? What about eating a piece of still warm bread with butter melting in to it? Plus, you know what you're eating. No chemicals, preservatives or other ingredients you can't pronounce. For those of us with arthritis kneading the bread dough can be very painful if not impossible. I've put together this cookbook of 50 different batter recipes that require no kneading whatsoever. Many people have developed sensitivities to gluten. I've recently been diagnosed with a gluten sensitivity, which is why I put this cookbook together. This is the second book in this series. What is really great about all the recipes in my cookbook is that after you have mixed the batter you can pour the batter in to freezer bags, pop it in the freezer and bake it at a later date. This allows you to purchase in season ingredients at a lower cost. You can mix up the batter a head of time for the breads you want for Christmas, Thanksgiving, Easter, Family Reunions etc. and freeze it. This will save you time and reduce your stress level at the same time. I've always had problems whenever I've tried to freeze bread. It usually goes from the freezer to the chickens. There's nothing better than fresh eggs from your own backyard. If you grow zucchini in your garden chances are you have lots of it. As good as zucchini bread is most people get tired of it after a while. Just make up the batter and freeze it to bake at a later date. Another great thing about batter bread is you can also bake it in muffin tins, just reduce the baking time accordingly. Extra muffins can be frozen and then thawed out when needed. Recipes included in this book are; Almond Butter Bread Almond Poppy Seed Bread Anadama Bread Apple Cinnamon Nut Bread Apple Maple Bread Apple Pear Peach Bread Apricot Cranberry Bread Banana Bread Banana Cinnamon Bread Berry Bread Buttermilk Bread Butternut

Squash Bread Cauliflower Tortillas Cheese Bread Chia Seed Bread Chocolate Chip Pumpkin Bread Chocolate Coconut Bread Christmas Bread Cinnamon Banana Apple Bread Cocoa Bread Coconut Bread Coconut Apple Bread Cranberry Bread Cranberry Orange Bread Flatbread Gingerbread Grain-Free Gingerbread Herbed Coconut Bread Lemon Bread Lemon Poppy Seed Bread Mixed Seed Bread Mustard Bread Nut Bread Olive Infused Pita Bread Orange Walnut Bread Peach Cobbler Pineapple Coconut Bread Potato Bread Pumpkin Coconut Bread Raisin Bread Raisin Pear Bread Spiced Flatbread Strawberry Bread Sweet Potato Bread One Sweet Potato Bread Two Sweet Potato Loaf Walnut Bread Whole Grain Bread Zucchini Bread One Zucchini Bread Two

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