

**Recommended by  
leading experts:**

*Easy Breadmaking for Special Diets* solves a problem common to patients on special diets, that of how to make your own breads and desserts with the minimum of time and effort. If you or your family members are on a special diet, this book will be very helpful to you, even if you've never cooked before.

William G. Crook, M.D.,  
author of *The Yeast Connection*,  
*Detecting Your Hidden Allergies*,  
and many other books

Ms. Dumke has done the impossible! Imagine – wonderful breads from a huge variety of flours, yeast breads using non-gluten flours, quick breads that are yeast-free, and even cakes. I've used a bread machine for four years and never imagined it could be so versatile. This book opened my mind to all kinds of possibilities – it's an amazing body of incredibly original work.

Marjorie H. Jones, R.N.,  
author of *The Allergy  
Self-Help Cookbook*

*Easy Breadmaking for Special Diets* is the perfect book for bread machine owners who bake for anyone on a special diet. Nickie provides some great insight into the use of bread machines with some of the more difficult ingredients that are used on special diets. Best of all, these recipes really work and produce delicious breads that will appeal to everyone, regardless of diet!

Ada Lai, editor of  
*The Magic Bread Letter*  
newsletter

# Do you miss bread on your special diet?

## Have your health problems made you give up your favorite snacks and desserts?

Using a bread machine or other appliances, you can have your favorite foods again, quickly and easily. Making breads of all kinds, snacks, desserts, and your favorite main dishes for your special diet does not have to take much time or effort!

With this book you will:

- Get to know your bread machine and other appliances. Find out how to use the appliances you may already have to make needed breads and other desired foods, or learn what to look for when shopping for a new bread machine.
- Put some zest back in your diet (and life) with 225 recipes for your favorite foods – complete with nutritional analyses and diabetic exchanges. Imagine breads of all kinds, buns, coffee cake, sweet rolls (cinnamon rolls, heart-healthy doughnuts, and more), and even Mexican main dishes.
- Save time and money.
- Enjoy your favorite foods again - and good health.
- Delight your family and friends with warm and fragrant freshly baked bread and “better-than-the-bakery’s” treats.

With *Easy Breadmaking for Special Diets* you can stay on your diet and still enjoy your favorite foods! This book will show you how.

Nicolette Dumke has been cooking for special diets for herself, family members, and friends for over 30 years, including food allergy, low fat, sugar-free, and heart healthy diets. She holds B.S. degrees in microbiology and medical technology and is the author of several books including *Easy Cooking for Special Diets*, *The Ultimate Food Allergy Cookbook and Survival Guide*, and *Allergy Cooking With Ease*.

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