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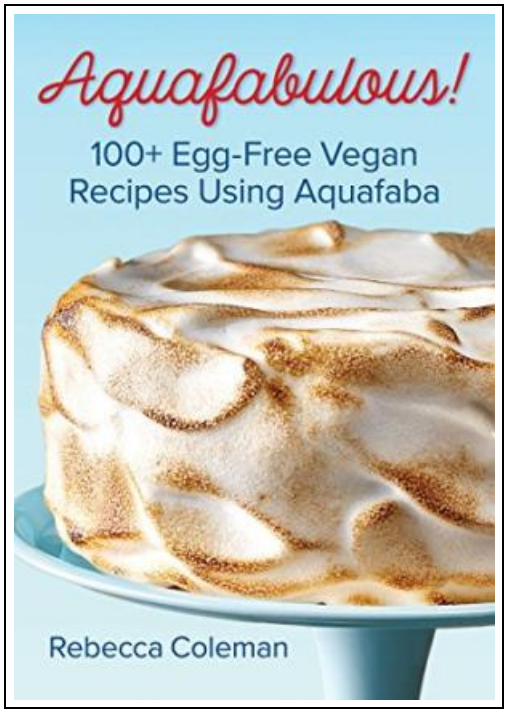

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ROBERT ROSE INC, Canada, 2017. Paperback. Condition: New. Language: English . Brand New Book. Aquafaba literally means bean water - the water that is drained off neutral-coloured beans like chickpeas, white beans and cannellini beans. The discovery of aquafaba has blown open the world of vegan baking. Things that were previously not possible, now are. Eggs are the hardest challenge when it comes to baking because the chemical properties of eggs made them integral for binding and leavening but now there is a perfect substitution and that is aquafaba. This collection of recipes is not only for vegans but also for anyone who has an allergy to dairy and eggs. It is proof that you can go egg-free and still enjoy delicious recipes. You will never miss eggs again. The general rule of thumb is 345 ml of aquafaba equals one egg. It is the protein in aquafaba when mixed with some sugar and a pinch of cream of tartar that perfectly simulates egg whites. Neutral in taste, you do not have to worry about your dishes tasting beany. All your breakfast and brunch favourites are here from omelettes, French Toast and pancakes to scones and crepes. You will enjoy satisfying and sumptuous Vegan Shepherds Pie, Vegan Mac Cheese and Manicotti for lunch or dinner. And you can once again enjoy Alfredo Sauce over your pasta. And the meringue desserts are not to be missed - from Fruit Pavlova and Sweet Potato Pie to Lemon Meringue Pie. Chocolate Chip Cookies, S mores Bars, Snickerdoodles and Chocolate Ice Cream are perfect for those children s birthday parties where allergies are now a prevailing concern. Now you no longer have to live without the culinary wonders that eggs and egg whites produce. All you need to do is open up a can...

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