

Gluten-Free in Five Minutes: 123 Rapid Recipes for Breads, Rolls, Cakes, Muffins, and More

By Roben Ryberg

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Gluten-free cooking doesn't mean that you have to spend hours in the kitchen laboring over intricate recipes and multi-flour blends. For two decades, Roben Ryberg has been on the cutting edge of food science. Now she has developed breakthrough--and breakneck--recipes for successful five-minute gluten-free baking, using just a few ingredients and common kitchen appliances.

Gluten-Free in Five Minutes features 125 original recipes for single and double servings of rolls, cakes, tortillas, and more. Whether you are going gluten-free in your college dorm, at the neighborhood barbecue, or are simply in the mood for a piece of cake, this innovative cookbook presents the quick and easy side of eating well.

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Editorial Review

Review

***Gluten-Free Living*, September 2011**
“Even if you learn to depend on only one or two things, it would be worth the price. We bet you’ll find a lot more than that.”

***Midwest Book Review*, September 2011**
“Offers very easy options that can be prepared in minutes. Very highly recommended!”

***Living Without*, December/January 2011/2012**
“This cookbook is ideal for those who’d rather not spend time over a hot stove and, we’re thinking it’s great for college-age kids with no access to a fully equipped kitchen. The scope is wide, the steps are few, the work is quick. And the results speak for themselves.”

About.com, 11/18/11
“For those of us (with kids or not) who like to experiment and play around in the kitchen with some simple ingredients, and who like the idea of whipping up something homemade in a few minutes, this is a really fun gluten-free cookbook. I recommend it.”

***Tucson Citizen*, 7/1/11**
“Whether you are a seasoned chef or new to the world of gluten-free cooking, this cookbook is fun and makes it possible to prepare many family favorites at a fraction of the usual time.”

Technorati.com, 7/20/11
“*Gluten-Free in Five Minutes* is a must-have cookbook for the gluten-free kitchen, especially when the most valuable resource is time.”

InfoDad.com, 8/4/11
“[S]ome recipes will be especially delightful for those who cannot tolerate gluten, such as two different ones for chocolate pound cake (one using brown rice flour, the other using sorghum flour; there are similar dual recipes for red velvet cake, carrot cake and regular chocolate cake).”

TheBakingBeauties.com, 8/16/11
“If you’re looking for a recipe book with quick, easy recipes, give it a try.”

***San Francisco Book Review*, September 2011**
“An easy-to-use cookbook…[with] colorful photographs sure to entice even those who can eat gluten.”

Texas Kitchen (blog), 8/29/11
“A great cookbook full of a wide variety of recipes for the gluten-free diet.”

About.com, 11/28/11
"Allows you to 'bake' gluten-free English muffins, quick breads, cakes and other bakery items in your microwave... yes, in five minutes or less. This is a great cookbook if you have gluten-free kids, because they can use it to create their own snacks."

***Taste for Life,* December 2011**
"All you need is a bowl, a fork, and the microwave to whip up tasty gluten-free cakes, breads, pizza crusts, rolls and more."

Curled Up with a Good Book
"*Gluten-Free in Five Minutes* provides easy-to-use gluten-free recipes for the microwave. A great book for busy mums or college kids who don't have the luxury of time or a big kitchen but still want to enjoy the luxury of "home cooked" food."

***Natural Solutions* (website), 1/1/12**
"[A] favorite cookbook of 2011…What sets this gluten-free cookbook apart are its quick and easy recipes for perpetually busy people. This go-to manual for health conscious cooks on-the-go includes 123 rapid recipes for bread, rolls, cakes, muffins, and more, each designed to fit into hectic lifestyles and delicious enough for the whole family—no matter how busy!"

About the Author

Roben Ryberg has been a gluten-free chef and baker for twenty years. She is the founder and former owner of Miss Roben's Gluten-Free Foods, and she lives in Boonsboro, Maryland.

Users Review

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