



BabyCakes Covers the Classics: Gluten-Free Vegan Recipes from Donuts to Snickerdoodles

Erin McKenna , Tara Donne (Photographer)

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For those with food sensitivities, these desserts have remained a distant dream—until now.

Following her widely adored debut cookbook with this delectable and extensive new collection, Erin McKenna, celebrated baker and proprietress of BabyCakes NYC in New York and Los Angeles, satisfies all your food fantasies with fifty recipes for perennial favorites—all created without gluten, dairy, eggs, or refined sugar.

In addition to its important primer on key ingredients and easy substitutions, *BabyCakes Covers the Classics* includes a section filled with Erin’s insightful solutions to frequently asked questions, which will lead you to newfound baking glory. As for the goods themselves, prepare for untold hours of refreshingly simple and undeniably delicious recipes adapted from the ones that sprinkled our collective childhoods. They include:

Thin Mints
Madeleines
Chocolate Chip Waffles
Snickerdoodles
S’mores
Hamentaschen
Square-Pan Tomato Pizza
Six-Layer Chocolate Cake with Raspberry Preserves
Banana Royale
Five variations of BabyCakes NYC’s famous donuts
& many more . . .

BabyCakes Covers the Classics is filled with timeless sweet and savory temptations that vegans, celiacs, and the health-minded can safely indulge in. Erin shows people of all stripes how to take control of a vegan, gluten-free pantry, and she proves that once you do, there are no limitations to what you can bake.

BabyCakes Covers the Classics: Gluten-Free Vegan Recipes from Donuts to Snickerdoodles Details

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From Reader Review BabyCakes Covers the Classics: Gluten-Free Vegan Recipes from Donuts to Snickerdoodles for online ebook

Whitney Pittsenbarger says

Babycakes books grow on me. I finished just about every recipe in the first book so I was delighted to discover this one. I love these recipes. They are healthy enough and allergy friendly enough for me to eat. But sugary and normal tasting enough for the family to like them.

Jenny (Reading Envy) says

For people who need to eat gluten-free and vegan, baked goods can be one of the greatest losses. Thank goodness for the people at BabyCakes, who have now written two vibrant cookbooks full of creative and satisfying recipes. I made pumpkin gingerbread pancakes loosely based on her gingerbread pancake recipe, and then wonder buns and hame/antaschen. Gluten-free baking is a challenge. The ingredients are pretty expensive and the end result's proximity to its non gluten-free equivalent depends on what kind of baked good you are going for. For things like pancakes - no sweat. For anything that would normally be fluffy and yeasty, well, you're in for a challenge. But still, I'd start here. There is even an entire chapter on donuts!

Jenn Forte says

This book is well-written, entertaining, and covers a GREAT list of substitutions for vegan and gluten-free baking. The author is very clear on the consequences she's aware of when using substitutions, and she describes how the recipes are supposed to turn out in enough detail (and even offers ways to get different results - for example, a cakey cookie instead of a crunchy one) that anybody who is trying these recipes for the first time stands a fighting chance of getting the recipes to turn out well.

The list of recipes in this book does, indeed, cover some of the classics. From pancakes to doughnuts - and oh my, there are quite a few donuts in this book - everything looks delicious and well-researched!

Punk says

The Classics include: baked donuts, cookies, savory snacks, gluten-free vegan versions of commercial brands like Chips Ahoy, Thin Mints, and Nilla Wafers, and traditional things like Hamentaschen, Irish soda bread, Rugalach, and—because this bakery is in NYC—chocolate egg creams.

Ingredients include: Bob's Red Mill All-Purpose Gluten-Free Baking Flour, garbanzo-fava bean flour, brown rice flour, coconut oil, agave nectar, vegan sugar, potato starch, arrowroot powder, rice milk, applesauce, xanthan gum, flax meal.

Recipes: All have head notes, most have a color photo, none have storage advice. Measurements are in U.S. volume. The difficulty level of each recipe is ranked on a scale of one to four cake slices, with four slices

being the hardest.

The pancake recipe I'm looking at right now rates a single cake slice. It also calls for nearly a cup of agave nectar for two cups of flour. So that's nuts. I feel like a lot of these recipes have way too much sugar in them, but I've never cooked with agave nectar, so I don't know how sweet it is compared to honey or sugar. I still know that's way too much sweetener for pancakes.

As far as the tone goes, the first BabyCakes cookbook had a serious problem. I didn't notice any food policing or fat shaming in this one, though it's possible I was only skimming out of self-preservation. Still, nothing jumped out at me.

The other good news is that, unlike the first cookbook, everything in here is gluten free. There's no spelt flour in these recipes, but McKenna does give advice on how to take these recipes and swap out the gluten-free flours for spelt in case you happen to have a wheat intolerance and not a gluten intolerance. There's also some advice for how to use different sweeteners and oils.

Deyara says

Nice pictures and great-sounding recipes, but not sure if the food actually stacks up okay - tried the snickerdoodles and they were terrible. I'm not sure what they are supposed to be like, but these were incredibly cinnamon-y, and could really taste the coconut too. They were fragile to remove from the baking tray, and spread out a lot. Just didn't like them. Will try something else and see how it goes.

Sarah says

Cannot wait to try the doughnuts! Thank you Erin for making GF began baking so very doable. I truly thought I could never make cookies decently again and had given up on them entirely. Thanks to your cookie recipes, not only can I make them again, but I have confidence to step and experiment with others.

ayejdubb says

I am placing the Plain Cake Donut (p120) on the list because it is baked and includes the garbanzo and fava bean flour that is recommended for me. It is also the type of donut I ate at Dunkin' Donuts.

However, I am more likely to make the Rice Crispie Blocks on page 72. I am thinking the soy content of the ricemellow creme and the use of gluten-free brown rice crisp cereal are positives but I also know this treat is still very sweet.

About the book: I appreciate her conversational style and all the baking information provided at the beginning of the book. I get the impression that she wants the home cook to be successful at making her recipes.

Nikki says

Feb 2012

I'm not gluten-free, although I am vegan, and love trying new techniques in baking. I honestly find gluten-free baking a bit boring but I love tackling the nuances. However, the recipes I tried out of this book all ended poorly despite my following their instructions (something I do not generally do and cannot help but wonder if that was the problem!). I am confident in my baking skills and have no problem creating wonderful treats regularly so I have little doubt that the recipes were to blame. The cinnamon buns (rolls? I cannot remember how they referred to them) were especially horrid. My cinnamon bun-loving family could barely handle a bite. I'll stick to my non-GF but vegan sweet potato cinnamon buns....gosh they sound good about now. I do hope that those in the GF community have more success and enjoyment from the book. I always say that while people think vegans have it hard, GF individuals have it much worse. I've had MANY GF foods and, well, no thanks [generally].

Becca says

In theory this is a great cookbook. I want to make everything Erin has to offer me. But in practice, the ingredients are ridiculous (only a specific kind of soy powder will work? Really?!?) and the results are never as good as when I visit Babycakes.

After the first cookbook came out, I was talking to a girl at Babycakes in FL and she told me that McKenna had to alter the recipes for the book. That the ingredients they use in the bakery cannot be bought by the average home cook. So they made changes to get the recipes as close as they could. Which means I'll never be able to replicate the cookie sandwiches I gladly overpay for in the bakery.

So why bother?

Julie says

I am an experienced cook and avid baker! I found the schmaltzy intro. to this book & indeed to each recipe tiresome. I felt like saying, "Give me the recipe already!"

The recipes call for multiple ingredients, some of which are not easily found and are quite expensive. I had to hunt to find refined coconut oil and larger quantities of arrowroot as several of the recipes called for 1/4 cup of arrowroot.

I make it a rule to always follow a recipe to the letter the first time I make it, then, I tweek it to my taste. I tried the "Lace Cookies" and produced something that was totally unlike the luscious photograph in the book! Instead of the thin, lacey cookie pictured, I got a thicker cookie that was oily & tasted doughy in the center. My husband was disappointed and agreed that these cookies were not up to my usual standard. I really don't feel inspired to try any of the other recipes.

Msky chick says

I read this, and then immediately bought it. I. NEED. VIRTUALLY. EVERY. ONE. OF. THESE. RECIPES!!

Emily says

For a gluten free, vegan cookbook- it's fantastic. Not all the recipes are winners (the pancakes were horrible). The plain cake donuts are light and fluffy and are full of flavor. The texture is perfect for a donut. The Snickerdoodles are amazing once I doubled the amount of applesauce in the recipe. I generally don't use bean flours so I have swapped out the garbanzo and fava bean flour for sorghum flour with positive results. I'm excited to work through more recipes in this book.

She does use a lot of agave nectar which has a strong taste and is very expensive. I've avoided her recipes that use large amounts of agave nectar as we don't care for the flavor.

I like that her recipes are not dependent on soy (such as tofu). We really like coconut oil and I'm thrilled she uses it and canola oil instead of a packaged vegan margarine.

Overall a good cookbook.

Ellen says

"In middle school I was a very homely cheerleader. Lots of spirit, sure, but cursed with overly gangly appendages, a bowl haircut, and the inability to do back handsprings or even cartwheels. I also had a short attention span and a junk-food addiction. Not even my unbridled love of wearing a cheerleading uniform could save me. So I ask you this: What's a scrawny and perpetually hungry cheerleader to do but spend all her non-cheering game hours standing on her tiptoes surveying the goods of the nearby snack bar? The snack bar was soon my pantry away from home. In the end, though, the innumerable hours I spent scouring the assorted snack sheds of the greater San Diego area's school districts served me well. Before long I was studied in the intricacies of what comprises a quality snack bar: how is its candy selection? Are the baked items motherly contributions or at least a recognized and trusted brand? How's the drink selection - is there fountain soda or anything resembling a root-beer float? What type of frozen items do they offer, if any? Is the pizza square or is it in slices? Trivial questions to some, perhaps. But to a discerning young lady with \$1.50, no interest in sports, and a few hours to kill, they meant everything."

Danette says

If you have to eat gluten-free. This book is the one baking guide you need to cover the classics of childhood. Chocolate chips cookies, whoopie pies, doughnuts, snickerdoodles and S'mores!!! In addition to the great recipes, there is good info for those new to the gluten-free lifestyle. This is a 5 star book, I gave it 4 only because the ingredients can be hard to find depending on where you live. I'm anxiously awaiting more ingredients to be delivered to try more recipes!

Barb says

Wow! Gluten-free, dairy-free, vegan recipes for DESSERTS! O my, o my! Makes me want to run out and buy a lot of coconut oil/milk, rice flour and xanthum gum! Donuts, seriously, donuts, that are baked, not fried. A "Mounds"-like candy. An ice-cream cake. AND they have a bakery in NYC, LA and Orlando! My beloved daughter, Riley (allergic to dairy and beef) is going to NYC for a chorus trip next spring...wonder if they'd let her go visit the bakery and indulge! I do remember, after stalking their website and FB page, about Anne Hathaway having her wedding cake from there, read it in People magazine. Time to try some new recipes!
