



No Naughtyies at Christmas: Sweet treats without sugar, wheat, gluten, yeast and lactose (UK Edition)

Tarja Moles

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To make your Christmas deliciously extravagant, No Naughties brings you ten recipes that will make the festive season a wonderful feast and an indulgent celebration – without the ‘naughty’ ingredients!

The recipes included in the book are:

Christmas cake

Gingerbread biscuits

Glögi

Chocolate orange cheesecake

Lemon and ginger cupcakes

Spicy pear cake

Secret centre chocolate log

Christmas ice cream

Fig and orange mini tarts

Cinnamon pannacotta

All the recipes are suitable for people who need to avoid sugar, wheat, gluten, yeast, lactose, soya, peanuts and corn. There are also recipes that are free from dairy, casein, nuts and eggs. All recipes are vegetarian.

All measurements in the book use metric and imperial units. (This book is also available as a US edition which uses US cup measures.)

No Naughties shows that making 'free-from' treats is easy and can be done by anyone. Multiple food intolerances don't have to mean a boring diet. It's perfectly feasible to prepare and enjoy delicious treats. May your festivities be full of sweet magic!

To find out more about No Naughties, please visit www.nonaughties.com.

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From reader reviews:

Andrew Waite:

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