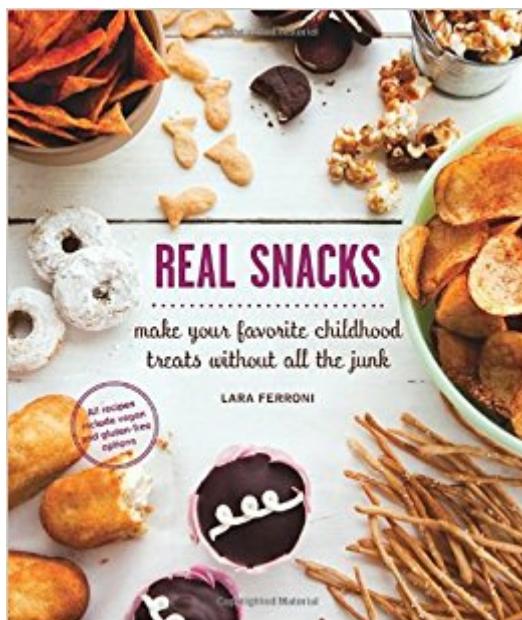


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# Real Snacks: Make Your Favorite Childhood Treats Without All The Junk



## Synopsis

Make wholesome homemade Twinkies, Ding-Dongs, Doritos, and Cheez-Its, all with gluten-free and vegan variations! Here are 70 recipes for everyone's favorite childhood snacks with whole grains and natural sweeteners, so you can make low-sugar treats the whole family will love. Full of wonderful flavors and nutrients not artificial colors and preservatives, this collection of nostalgic childhood treats that satisfy your junk food cravings, but without all the junk. Real Snacks includes recipes for: Twinkies, Ding Dongs, Hostess cupcakes, Pop Tarts, Animal Crackers, Oreos, Nilla Wafers, Sugar Wafers, Fig Newtons, Pepperidge Farms Milano cookies, Thin Mint Girl Scout cookies, Drumsticks, and more!

## Book Information

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## Customer Reviews

"Brilliant! All the childhood treats I'm nostalgic for in one smart volume. Toaster tarts, cereal bars, and ice cream sandwiches made from real ingredients? I'll take one of each, please." Heidi Swanson, author of *Super Natural Everyday* "Lara's book is a beautifully photographed selection of 'go-to'ers' (snacks) that will make you want to rush into the kitchen and bake for your children, family, and friends. If you feel short of ideas to make healthful snacks (also gluten free and vegan), her book has the answer." *Bâche à Tartine Gourmande* "Real Snacks is a dream come true. We all know we should eat quinoa, kale, and carrots at every meal, but sometimes we need a treat. If that treat is made with whole grains and alternative sweeteners, all the better. Lara Ferroni's playful yet truly helpful book introduces readers to unfamiliar ingredients such as amaranth flour or coconut palm sugar in the midst of making moon pies, chocolate toffee bars, and crunchy

cheese puffs. That so many of the recipes can be made gluten-free is a boon for those of us who have to avoid gluten entirely. Now, if you'll excuse me, I'm off to make some nacho cheese tortilla chips." Shauna Ahern, Gluten-Free Girl" This book, like Doughnuts, punches way above its weight in every category  aesthetics, recipes, variety, and nostalgia. All your childhood favorites are here: twinkies, Hostess cupcakes, powdered donettes, caramel corn, fig newtons, goldfish, moon pies, sugar wafers, pop tarts, thin mints, cheez-its   The mindboggles!! I really can  t believe Lara has put this together! Gluten-free and vegan options make it accessible for everyone. This book is worth every penny, and would be tremendously appreciated by anyone who loves baking!" Kristina Gill, Matt Bites" If you're one of those people who reads the ingredient list on the back of a bag of Cheetos but buys them anyway, this one's for you. Lara Ferroni is coming to the rescue. She's managed to recreate, some would say reengineer, some of the world's most beloved snacks like Twinkies, Ding Dongs, and Cheezits, without all that bad stuff." Lynne Rossetto Kasper, The Splendid Table" Every once in a while I get a book from publisher that makes me want to run to my computer and type a review immediately so I can share the great news. This is the case with this book, Real Snacks: Make Your Favorite Childhood Treats Without All the Junk. This book is all about recreating childhood favorites in a healthier way with wholesome flours like spelt flour , buckwheat flour and whole wheat flour... All the recipes have a vegan and gluten-free version. I want to shout this part at the top of my lungs as this is all around awesome." Keren Brown, Frantic Foodie " In Real Snacks, Lara Ferroni brilliantly remakes our favorites, from sandwich cookies and ice cream novelties to every salty snack you can think of, including those addictive little fish-shaped crackers. They don't qualify as healthy, but you can pronounce every single ingredient." Edible Seattle" The real treat behind Real Snacks is that it's not just about recreating your favorite childhood snacks, it takes favorite childhood food and breaks everything down, even to the seasonings... This is a great book as both a gift and a source for making homemade goodies to give away   because who's going to say no to a batch of homemade Oreo cookies?... I guarantee there is some snack in there that will get your food nostalgia doing a happy dance." Wasabi Prime" Oreos, Ritz Crackers, Twinkies and Ding Dongs. One look at them takes us right back to high school -- as in chemistry class. The ingredient lists are a litany of unpronounceable non-foods. To the rescue comes local photographer and cookbook author Lara Ferroni, whose book 'Real Snacks' (Sasquatch, \$19.95) replicates our favorite junk foods without, well, the junk. Though these DIY snacks lack the same instant gratification, they're well worth the effort." MIX, The Oregonian" Here  s the thing about these cookies compared to the store-bought variety      these aren  t

exactly like the commercial versions because they taste soÃ  much better. The flavors are real. The texture is light and delicate, not hard and brittle. The quality is superior."Use Real Butter"Whether it's animal crackers made with spelt flour and honey or tater tots that don't come from the freezer, you're sure to find something that reminds you of those blissful years before you'd even heard the wordsÃ  high fructose corn syrup."Eat Beat, Portland Monthly"it was a real breath of fresh air when I sawÃ  Real Snacks: Make Your Favorite Childhood Treats Without All the JunkÃ  by Lara Ferroni. From classic graham crackers and cheese fish crackers to toaster tarts and snack cakes made with real ingredients and the goodness of home cooking, there are recipes for things even I'd never thought about cooking myself."About.com Local FoodsÃ  "For her latest book, the Portland-based food photographer and cookbook author decided to take on some of the most highly processed (and popular) snack foods out there Ã¢â€¢ snack cakes, nacho cheese tortilla chips, toaster tartsÃ  Ã¢â€¢ and find ways to make healthier, homemade versions that are still tasty enough to satisfy your junk food cravings."Oregon Public Broadcasting"If youÃ¢â€¢re upset about the recent news that Hostess Brands is closing (meaning no more Twinkies, Ding Dongs, Donettes, or Hostess Cupcakes, EVER), donÃ¢â€¢t fear: weÃ¢â€¢ve got your back. Lara FerroniÃ¢â€¢s cookbook,Ã  Real Snacks: Make Your Favorite Childhood Treats Without All The Junk,Ã  has preservative-free recipes of all your favorite junk food, including Twinkies."Bust.com"...if you're like me and want to make more of your own snacks from scratch, thenÃ  Real SnacksÃ  could be the cookbook you've been waiting for."A Well-Seasoned Life"Real Snacks: Make Your Favorite Childhood Treats Without All the JunkÃ  is all about making those treats that you so fondly remember in ways that use more nutritional ingredients. The end result is much better tasting snacks and a lot less guilt...Ã  This book is nothing short of fascinating and incredibly useful for those of us who are trying to move away from convenience foods."Luxury Reading"...what if you resolved to give up 'store-bought' snacks and instead only indulged on snacks you made at home? With Lara Ferroni's latest bookÃ  Real Snacks, you can do just that. Whether it's Twinkies, Goldfish crackers, potato chips, Girl Scout Thin Mints, Tater Tots, or Pop-Tarts, Ferroni has created a recipe you can make at-home."Seattle Weekly"Feel good about what snacks you are feeding yourself and your family and check outÃ  Real Snacks: make your favorite childhood treats without all the junk."In the Know Mom"It seems Lara didnÃ¢â€¢t forget anything in this book because it also includes a useful appendix of pantry staple recipes like chocolate syrup, marshmallow creme and caramel sauce. Oh, and I canÃ¢â€¢t forget the handful ofÃ  naturallyÃ  vegan recipes like sugar wafers, caramel corn, salty water crackers, potato chips, bean dip and corn nuts.Ã  So, next time you have a sudden

craving for something sweet or salty, head to the bookstore instead of the grocery store. It's time, as Lara says, to 'Take back our snacks!' "A Dash of Compassion" I quite literally squealed with glee when I saw this new book by Lara Ferroni. She covers everything from how to make our own Thin Mint Cookies and yogurt-covered raisins to homemade Cheetos and tater tots. (Along with gluten-free and vegan versions of every single recipe. Hello!) The next chance I get, I'm headed straight to the kitchen with this book in hand."The Kitchn

Lara Ferroni is a food writer and photographer who lives in Portland, OR. She is also the author (and photographer) of Doughnuts, Simple and Delicious Recipes to Make at Home. You can find her work on Epicurious.com and Gourmet Live as well as in Imbibe Magazine, Edible Communities, and other Pacific Northwest magazines and numerous cookbooks. Visit her blog, [laraferoni.com](http://laraferoni.com).

What can I say? I really love this book. I have made 4 recipes and they all turned out fabulously delicious. The first thing that caught my eye browsing was the crackers sections so the first thing I tried out was the butter crackers. My search for the best homemade crackers is over, these crackers were crispy buttery goodness; my daughter prefers these to store bought wheat thins. It's great with savory spreads, nutella or peanut butter. The gluten free cinnamon rolls are soooo good! My husband has requested the rolls twice already and I've only had the book for a week. I especially love that most of the recipes have a gluten free variation. I have a gluten free kitchen and these recipes are just perfect.

meh. not all the recipes have worked that well. corn chips came out super greasy, not crunchy at all

Great recipes. I did find that a lot of them contained flours that I don't have access to in my small town, as well as some other products that I bet I would have a hard time finding in the city...however, the recipes provide a healthy basis that can be tweaked as needed.

This is a great Kindle book deal and cookbook because this book has exceeded my expectations. So I was looking for a Club cracker recipe DIY online but it was hard to find until I stumbled on this cookbook about crackers. So I glanced the customers reviews and the index, if it had what I was looking for. The recipes are kind of unique because it mixes 2 to 3 types of flours to get the texture that you want in the cracker. And yes, I finally found a Club Cracker recipe that I was looking - it's called Savory Crackers. Not only that, you can also find other childhood snacks that you ate and

remember back in the day especially the Hostess Ding Dongs or Twinkies without the preservatives and HCF (high fructose corn syrup) where it was made in California. Furthermore, you can find every homemade recipe where famous American brands are sold today on this book like Fig Newtons, Nutter Butter, Girl Scout Cookies Thin Mints, Graham Crackers, and many more. It list a lot of crackers, cookies, snack cakes, frozen treats, confections, dips that goes with the crackers, chips and many more. She also list that these recipes can be vegan when substituting the flours to gluten free flour blend, and the butter to refined coconut oil (so you won't have that funny and funky coconut taste when baking your snacks). I have a co-worker that use coconut oil instead of butter for the cheesy crackers that she made. And she said,"It tasted interesting and didn't quite liked it". So she had to use butter which tasted much better than coconut oil. I cannot blame her for that! ;)Also you may be amazed cute pictures that features old fashioned and vintage mini kitchen gadgets like a pastry cutter that had some ridges on it. And she provides tips, if you want recipes to vegan, gluten free and offers other mini gadgets where you can shop online. Also a good find. Again, this is an awesome book making homemade and real snacks that you remember as a child and growing up without the preservatives, artificial food coloring, and making them better at home either to satisfy your food craving, or maybe great for entertaining like a Movie night or watching the game, etcetera.

These are just great recipes for fun items that I never would have thought I could make. The best part is that each recipe contains choices of ingredients so you can decide how healthy or decadent you want to make them.I'm going to be using a lot of these recipes for upcoming holiday parties

I love that every recipe in this book has an alternative version for gluten free or uses whole grain or different sweeteners. Not saying that makes things healthier or the snacks are going to turn out exactly like the one's in stores, but anything I can make that doesn't have preservatives or artificial flavors and colors in it, is five stars in my book!

I have not made any recipes from the book yet. This book does have great information on different flours, sugars and other ingredients. It also has simple instructions and seems to be straight forward.

Its a good book if you wanna learn how to bake without using flour

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Real Snacks: Make Your Favorite Childhood Treats Without All the Junk ScrapKins: Junk Re-Thunk: Amazing Creations You Can Make from Junk! Caveman Dog Treats For Your BFF: Easy Step-By-Step Instructions For Making All Natural Dog Treats Using REAL Food And Your Dehydrator Junk Drawer Engineering: 25 Construction Challenges That Don't Cost a Thing (Junk Drawer Science) Junk Drawer Chemistry: 50 Awesome Experiments That Don't Cost a Thing (Junk Drawer Science) Junk Drawer Physics: 50 Awesome Experiments That Don't Cost a Thing (Junk Drawer Science) Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Super Paleo Snacks: 100 Delicious Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Kids' Treats: 50 Easy, Extra-Special Snacks to Make with Your Little Ones The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love (Best on the Planet) The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love The Real Book of Real Estate: Real Experts. Real Stories. Real Life. Hawaii Real Estate Wholesaling Residential Real Estate Investor & Commercial Real Estate Investing: Learn to Buy Real Estate Finance Hawaii Homes & Find Wholesale Real Estate Houses in Hawaii Our Favorite Halloween Recipes Cookbook: Jack-O-Lanterns, Hayrides and a Big Harvest Moon...It Must Be Halloween! Find Tasty Treats That Aren't Tricky ... Tips too! (Our Favorite Recipes Collection) The Allergy-Free Pantry: Make Your Own Staples, Snacks, and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts Keto Snacks: 27 Low Carb Snacks Perfect For Summer Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes Snacks And Appetizers:: Appetizers, Snacks, and Dips For Any Occasion! Gluten-Free Classic Snacks: 100 Recipes for the Brand-Name Treats You Love (Gluten-Free on a Shoestring)

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