



Real Snacks: Make Your Favorite Childhood Treats Without All the Junk

Lara Ferroni

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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!

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From Reader Review Real Snacks: Make Your Favorite Childhood Treats Without All the Junk for online ebook

Erin says

I haven't tried any recipes, but they sure look fun. This is another cookbook I would love to own and dedicate good time to cook through. Think favorite snacks from childhood. It will make you nostalgic to flip through.

Tricia says

All your favorite snack foods made at home

This book is great. I borrowed it from the library, and decided I had to buy it! The recipes are easy and detailed. All your favorite snack foods made at home without all the chemicals. Yes! #ramblingboho

Megan says

I wasn't expecting this cookbook to be healthy (although the cover claims that all recipes have vegan and gluten-free alternatives). Despite the bias towards health, all, if not most, have substitutions for normal ingredients. Many of the recipes sound interesting, particularly the graham crackers, Goldfish, and raspberry coconut Twinkies. I haven't tried any of them yet, but I look forward to it.

Stephanie says

Laura does a great job with photography on this book. Sadly though, there wasn't anything really new in here. I have been pinning similar knock-offs of brand name snacks for a while now, and have even managed to make a few. Not sure I would bother buying this.

Emily says

I'm not sure I'd actually make anything out of this book, but the fact that I could is pretty cool. These are not at all healthy foods, but they are more real than packaged junk food--no dyes or preservatives or ingredients you can't pronounce. There is a good break-down of different types of flours and sweeteners in the front; one of the best I've seen, actually. Note that all recipes include adaptations to become gluten free or vegan.

If I were to make anything, it would probably be the Cheese-It. I do love Cheese-It and am curious how cheese crackers I made myself would taste.

Isa Lavinia says

Interesting, and I wish I could try some, but about 99% of these recipes call for like 50 different types of flour - Harry Potter had an easier time finding the horcruxes than me ever finding this stuff.

Autumn says

I was prepared to dismiss this book as super-bougie Portlandia nonsense. Why are women suddenly expected to hand make Fritos?? But there is a recipe for homemade cheesy poof powder on the last page that I find Very Intriguing. Hmmmmmmm. Update: I tried the Corn Nuts recipe (basically baking spiced hominy at 400 degrees) and those little buggers exploded. Proceed with caution!

Stewart Tame says

These recipes sound delicious and seem reasonably easy to make. I'm hankering to try a few. I'll have to check my stock of appliances and equipment first, though. Also I need to look around for some of the more exotic ingredients. Fun cookbook!

Love & Flour says

I was impressed with the variety of snacks covered in this cookbook. Practically everything I thought of, from goldfish crackers to Twinkies, was in there. I have not made anything from the book yet, so that might change my opinion as time goes on, but for now, I really liked it. This cookbook seems like a great one to have on hand for the "fun" factor.

Marathon County Public Library says

Craving Thin Mints, Hot Pockets, or even Twinkies, but don't want all the preservatives, food dyes, and other mysterious ingredients? This cookbook is packed full of recipes for homemade versions of your favorite snacks you ate as a kid. They are healthier, homemade versions of all those snacks you remember craving. What I appreciated the most about this cookbook was that the author had notes for every recipe on how to make it gluten-free and/or vegan, so soon I will get to eat a safe version of Thin Mints!

Sarah M. / Marathon County Public Library
Find this book in our library catalog.

Molly says

I appreciate that she offers gluten-free and vegan options for all of the recipes. A lot of them seem to be more work than I care to expend, or require kitchen tools that I don't have and I'm not going to go get. But I think that's the point of eating "junk" food you make yourself- make it worth the calories and the time you spend. Just a theory.

Tracey says

these were fancier/more labor intensive than I ever care to make, but it looks like she put some effort into developing a gluten-free version of her biscuit/empanada dough that I haven't tried yet, but which might have been just what I was looking for. That is the only GF recipe in the bunch, however, so people with this dietary restriction should probably borrow from the library rather than purchase.

Bethany says

This book is for the hardcore lover of homemade, healthy food, which is not the level that I'm at. I'm not willing to go to a specialty store for special sugars and flours just to make some treats. But this book would be VERY helpful if I was at that stage, and I would definitely recommend it to others!

Jesse Henning says

Solid inspiration/technique for snack fakes but-

since it's one of those 'healthy snacks' books, be prepared to make some creative substitutions when nearly every recipe calls for flours of grains that grow on the moon.

Dhonna says

I am very impressed with these recipes. I have stopped buying crackers because the ingredients are ridiculous. But, after reading this book I am inspired to try and make my own! And the onion dip and that banana "ice cream"...and vegan options for every recipe, how cool is that?
