



PASTRIES FROM PETIT LAPIN Viviane Nguyen

**50 small allergen- and gluten-free
vegan treats!**

144 pages

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Just before her son Ethan's first birthday, Viviane Nguyen found out that he had about thirty severe allergies. Much research led her to realize that, unfortunately, no bakery in Canada or even in the United States could produce a birthday cake free of the allergens that put her son's life in danger. This caused her to throw herself into a marathon of experiments culminating in the creation of her own pastry recipes and the founding of Petit Lapin, the first bakery to offer vegan desserts without gluten and containing none of the 10 primary allergens (peanuts, eggs, milk, nuts, wheat, soy, sesame, etc.). In this book, Viviane tells us her story and, most importantly, teaches us tips and tricks for baking allergen-free pastries at home.

Breads, muffins, madeleines, macaroons, cookies, donuts, cupcakes and, of course, birthday cakes – in a simple, straightforward way, she shares more than 50 foolproof recipes, made with simple and delicious ingredients so that everyone who suffers from food allergies can fully enjoy the best desserts, safety guaranteed!

Strong points

- Simple recipes using ingredients commonly found in grocery stores.
- A wide range of basic recipes with many variations to add to your enjoyment!
- A practical section to show you how to use indispensable ingredients, agar-agar and aquafaba, for example, and replace ingredients like eggs, milk and wheat flour in any recipe.
- A book in pastel colours, with many illustrations.

A notary by training, Viviane Nguyen is also a devoted and determined mother. As the owner of the Petit Lapin bakery, the sweet treats she sells in her shop make both kids and adults happy. And through the Fondation Petit Lapin, she provides children with multiple allergies delicious and danger-free birthday cakes!