

Have your cake and eat it too, regardless of food intolerances

*Sweet Debbie's Organic Treats: Allergy-free & Vegan Recipes*  
from the Famous Los Angeles Bakery by Debbie Adler

Are you saying "no" to dessert because of food allergies or health concerns? Or saying "no" when your kid asks for a cupcake at a birthday party? If so, Debbie Adler has a cupcake for you. In fact, the sweets out of her Los Angeles bakery and companion cookbook actually make you feel good.

With her own son allergic to "every food in the USDA pyramid," Debbie took matters into her own kitchen. Today, her wildly popular, allergen-free bakery, Sweet Debbie's Organic Cupcakes, has Hollywood's A-list celebrities (including Gwyneth Paltrow) lining up for her delicious, nutritious muffins, brownies, cookies, cupcakes, donut holes and breads. It is the go-to bakeshop for anyone with an allergy or intolerance to dairy, eggs, soy, wheat, gluten, nuts and sugar, or folks just plain hungry for a wholesome treat. Sweet Debbie's also ships its treats nationwide.

With her first cookbook, *Sweet Debbie's Organic Treats*, she reveals why she uses nourishing grapeseed oil and coconut oil, why it's best to sweeten with zero-calorie stevia and mineral-rich coconut nectar and how her gluten-free flour mix packs an alimental punch. The book is a treasure trove of valuable tips, tricks and intimate details, and Debbie shares all her delectable secrets for 50 scrumptious treats like:

- Irresistible Red Velvet Cupcakes
- Cosmic Chocolate Chip Cookies
- Blueberry Streusel Donut Holes
- Salted Caramel Apple Muffins
- Gourmet Dark Chocolate Mesquite Brownies

### About the Author:

Debbie Adler has appeared on the NBC, ABC and CBS TV affiliates in Los Angeles, the nationally syndicated WGN's "Lunchbreak", NPR's "Here and Now" and has been featured in the *Los Angeles Times*. Her recipes have been published in national magazines such as *Allergic Living*, *Living Without*, *Simply Gluten-Free*, *Delight Gluten-Free*, *Pilates Style* and *Low Sugar Living*, as well as on popular websites and blogs such as Fox News Magazine, Parents.com, The Chalkboard, InStyle.com, E! and the websites for food companies such as So Delicious Dairy Free, Sambazon and Navitas Naturals.

She is a graduate of Binghamton University and was a CPA for a large accounting firm in New York City until she realized all she wanted to do was count to a dozen.

In 2006, Debbie opened her allergen-free, vegan bakery, Sweet Debbie's Organic Cupcakes, which caters to celebrities, Hollywood studios, large food companies and customers nationwide.

She lives in Los Angeles with her husband and son. Visit her website at [www.sweetdebbiesorganiccupcakes.com](http://www.sweetdebbiesorganiccupcakes.com).



### BOOK DETAILS

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[sweetdebbiesorganiccupcakes.com](http://sweetdebbiesorganiccupcakes.com)

PR  BOOK

## Story ideas:

- Cupcakes with a Full Serving of Vegetables
- From Garden to Cupcake: All-natural treats your kids will dig
- From Wall Street to Organic Cupcakes: How one woman left her fallback career for her dream job
- Don't deny your food-allergic child a cupcake! Treats to keep him happy and unharmed
- Baked goods that actually make you feel good
- A baker's guide to alternative sweetener and flour options
- Organic dessert recipes from Sweet Debbie's famous L.A. bakery

## Praise:

*"Debbie Adler is a culinary genius."*

—**Ray Romano**

*"Debbie's brilliant recipes make it easy and delicious to follow an allergen-free and sugar-free diet!"*

—**JJ Virgin**, Bestselling author of *The Virgin Diet*

*"Debbie works her creative culinary magic for delicious treats that all of us can enjoy—even those who avoid gluten, eggs, dairy, soy, sugar, or nuts. Because these treats are SO good, you won't miss what's NOT in them!"*

—**Carol Fenster**, author of *1,000 Gluten-Free Recipes*

*"The game has changed, and thankfully, Sweet Debbie is on the frontline for all of us, hard at work in her kitchen cooking up ways to keep cooking fun. She shares with honesty and refreshingly easy style, her delicious recipes for the changing needs of our families. What a treat and what a gift."*

—**Robyn O'Brien**, author of *The Unhealthy Truth*, founder of AllergyKids Foundation

*"Debbie's sharp wit and sense of humor shine through recipe after recipe. Packed with wholesome, nutrient-rich recipes for baked goods, this book is one that will not only nourish your family, but will allow everyone to enjoy the same delightful treats whether or not they are living gluten, dairy, soy, nut or egg-free."*

—**Vanessa Maltin Weisbrod**, Executive Editor of *Delight Gluten-Free Magazine*

*"Debbie has proven again that deliciousness no longer needs to be sacrificed in today's allergy conscious cooking. Her recipes are simple, smart and will delight the entire family."*

—**Ming Tsai**

*"This delightful cookbook proves that you can have your cake and eat it too, regardless of any food intolerances!"*

—**Allyson Kramer**, bestselling author of *Great Gluten-Free Vegan Eats*



On tour: Meet Debbie Adler in  
Whole Foods stores nationwide  
Fall 2013 – Spring 2014



Salted Caramel Apple Muffins



Irresistible Red Velvet  
Cupcakes



Gourmet Dark  
Chocolate Mesquite  
Brownies

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