



We focus on what's included...  
Not what's left out.

## The Avec Baking Story

I grew up a **foodie**. Good quality food has always been a centerpiece of my life. I have always been drawn to the kind of great food that parties revolve around, which cause people to linger at the table long after the meal has passed. After adjusting to a gluten and corn free diet and regaining my health in the process, I realized I needed to reembrace the concept of good food that had been so central to my life. I wanted to embrace this as a challenge and bring something to the party that would not only be gluten free, but have the ability to take center stage. As I started to explore the options, I realized that so many articles and recipes focused on gluten free were only focused on **not** having gluten. Everything else, including taste, seemed secondary.

Founded in 2009, Avec Baking began in my home kitchen as a way to embrace my new passion and obsession. I started reading and learning and experimenting and from there, came up with recipes that were as good as or even better than the originals. First with breads, and then pizza crust and cookies, creampuffs and baguettes, cupcakes and pancakes, crepes and crackers, that were so good I had to share with others how good gluten free can truly taste. From there Avec Baking was established – Because the focus should be on what's included, not what's left out.

To good health and GREAT eating.

Denise Cooley  
Creator, Avec Baking