

# CULA210L : Nutritional & Alternative Baking

This course introduces students into not only the nutritional aspects of baking, but the alternative baking world. Alternative baking includes such subjects as gluten free, sugar free, dairy free, and other allergy sensitive baking procedures. Nutritional aspects cover such subjects as low fat, low sodium, carbohydrate sensitive, as well as diabetic responsive dessert composition. Focus will revolve around techniques and alternative methods of producing health-conscious pastries, product substitutions, ideas and concepts of creative alternative and nutritional desserts.

**Credits** 3

**Lab Hours** 5

**Class Hours** 1