

## Traditional sweets get a modern twist at Sweets by Zuccaro

By Angela Gismondi

For Teresa Zuccaro, baking is love made visible.

Zuccaro, owner of Sweets by Zuccaro in Woodbridge, has always loved to bake. In the early '90s, her husband was diagnosed with celiac disease. That's when she started experimenting with different ingredients in the kitchen.

"We totally changed our lifestyle to accommodate his needs and his sweet tooth," said Zuccaro.

As gluten allergies became more commonplace, Zuccaro decided to open a bakery and share her gluten free, vegan and raw paleo baked goods with the public.

"This is unique," Zuccaro said. "The products are all made and thought up by me. We try to meet the needs of allergy sufferers."

She started off with handcrafted cupcakes, but since has expanded to include brownies, bars, traditional Italian cookies and pastries, macaroons, cakes and cheesecakes. In her baking, Zuccaro uses organic cane sugar, a variety of flours, including almond and buckwheat, different oils such as grapeseed, and coconut and nuts.

"This is a labour of love," explained Zuccaro, adding her husband Agostino and her daughters Natascia and Mara have dedicated their time to working at the eatery. "It's a family-run operation and we pour our heart and soul into this every day. I'm really old-fashioned."

Using recipes that have been passed down through generations, Teresa creates desserts with a distinctly Italian flair. Sweets by Zuccaro recently opened a gluten-free hot table and now offers buckwheat pizza, wraps, pasta, vegetables, veal or sausage on a bun and even rice balls.

"You have to try my products, that's the only way," said Teresa, adding the bakery is not only for people with a gluten allergy. "I try not to compromise taste and make sure that people are eating something healthy. I know I'm putting out a quality product with quality ingredients. We're totally dedicated to being gluten free so there is no cross-contamination here."

Her goal is to start creating more sugar free and dairy free products. She also hopes to soon incorporate smoothies into the menu. For now, she will continue to focus on meeting the needs of her customers.

"I have a lot of people that appreciate it and are thankful that I'm here in Woodbridge," said Teresa.

Sweets by Zuccaro is at 200 Marycroft Ave. Unit 21 in Woodbridge. Zuccaro offers free consultations for special occasions and gluten-free catering. Cupcakes, cakes, cookies and gluten-free baked goods, as well as other desserts, can be customized to suit individual needs for any milestone, including baptisms, birthdays, weddings, etc. For more information call 905-265-8200.



Teresa, Agostino, Natascia and Mara Zuccaro run Sweets by Zuccaro, a family owned gluten-free bakery in Woodbridge.