



The New Book Of Whole Grains: More than 200 recipes featuring whole grains

Marlene Anne Bumgarner

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Easy-to-make, delicious, and satisfying, whole grains are low in fat and cholesterol but terrifically high in fiber--and full of those "magic" antioxidants. They are also the foundations of a healthy diet. In *The New Book of Whole Grains*, Marlene Anne Bumgarner covers more than a dozen grains in an easy-to-use grain-by-grain format. She provides nutritional information, tips on buying and storing for maximum freshness, and a brief historical profile for each. Bumgarner offers more than 200 recipes to turn these nutritional powerhouses into delicious appetizers, entrees, soups, muffins, cookies, cakes, breads, and side dishes, many of which are vegetarian. Any home cook eager to provide his or her family with healthy, delicious food, packed with flavor and nutrients, will delight in this clear and engaging guide.

Recipes Include: Amaranth Granola Cereal, Sour Cream Triticale Waffles, Quinone Tabouleh Salad, Sesame Rice, Brown Rice Risotto, Spinach Dumplings, Black-eyed Chicken, Barley and Shrimp Casserole, Oatmeal Macaroons, Peach Rye Crisp, Hasty Pudding, Sorghum Gingerbread, Pumpkin Nut Bread, and many more!

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