



Amazing Edible Seeds: Health-boosting and delicious recipes using nature's nutritional powerhouse (Hardback)

By Vicki Edgson, Heather Thomas

JACQUI SMALL, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Trained nutritionist Vicki Edgson and experienced food writer Heather Thomas set out the origins, nutritional make-up and health benefits of 20 seed varieties before exploring their diverse and delicious culinary uses. With more than 50 recipes that demonstrate the amazing versatility of these small, nutrient-packed ingredients, Amazing Edible Seeds offers numerous ways to enjoy seeds, from sprinkling them over salads or your breakfast bowl, to the more unexpected and adventurous applications to stews, risottos and desserts. The comprehensive list of seeds in the book includes caraway, coriander, hemp, mustard, alfalfa, cardamom, cumin, fenugreek, nigella, pomegranate, vanilla, fennel, poppy, pumpkin, sunflower, buckwheat, chia, flaxseed, quinoa and sesame, all of which are split into specific seeds groups. The recipes in this book are bursting with flavour and colour, and international in their origins and appeal. There are traditional dishes and old favourites as well as innovative ideas that reflect current food trends. Suggested alternative combinations will inspire you to experiment further, and cater for plant-protein purists as well as those with wider-ranging appetites.



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Reviews

This book is great. It is written in simple words and not difficult to understand. I discovered this pdf from my dad and i suggested this ebook to find out.
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