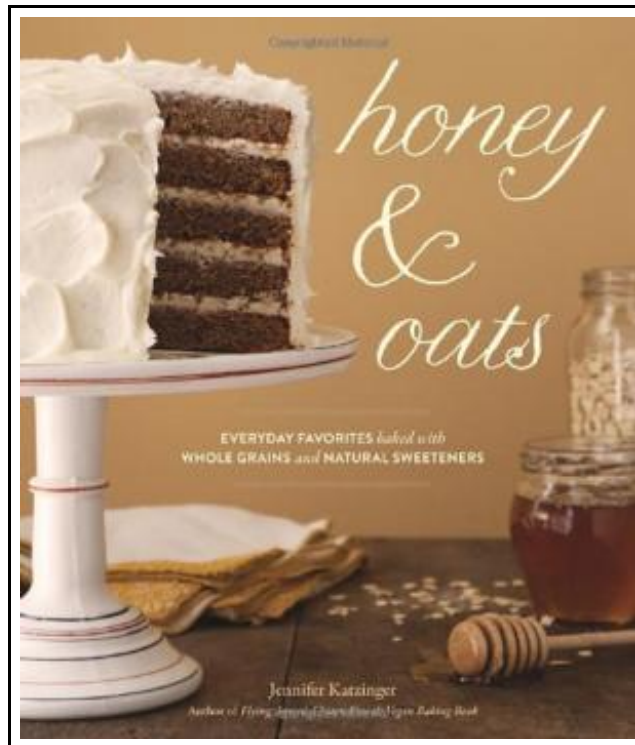


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HONEY & OATS: EVERYDAY FAVORITES BAKED WITH WHOLE GRAINS AND NATURAL SWEETENERS

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Sasquatch Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: This work focuses on whole and ancient grains, including such familiar types as whole wheat and oats and the less familiar einkorn, spelt, kamut, and teff, as well as unrefined natural sweeteners such as honey, maple syrup, coconut palm sugar, and sucanat. Katzinger's dishes lean toward traditional favorites, such as apple pie, triple-layer chocolate sour cream cake, snickerdoodles, buttermilk biscuits, and pumpkin bread. While each recipe has been specifically developed to suit a particular grain and sweetener, adding a whole new level of complex flavor to a classic, all the recipes offer options for flour substitutions. VERDICT: Interest in whole grains and unrefined sugars continues to grow at a remarkable rate. While not every recipe in Katzinger's latest title is vegan and gluten-free, home bakers who are interested in branching out beyond white sugar and flour will find plenty of healthier alternatives to satisfy their sweet tooth. Library Journal . . . if you are excited about the way that whole grain flours change the flavor of a recipe, you should get excited about this cookbook for the way that natural sugars can do the very same. There's so much good here. A Sweet Spoonful There are good, solid health reasons to start moving away from white flour and refined white sugar, but Jennifer Katzinger makes it very clear in *Honey & Oats* that health isn't the only reason to start cooking with ingredients like buckwheat flour, teff flour, and maple syrup. Not by a long shot! These ingredients also take our favorite baked goods and actually make them better -- biscuits actually taste sweeter with kamut flour; a carrot cake made with maple syrup tastes richer. The Kitchn A helpful ingredients section...



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