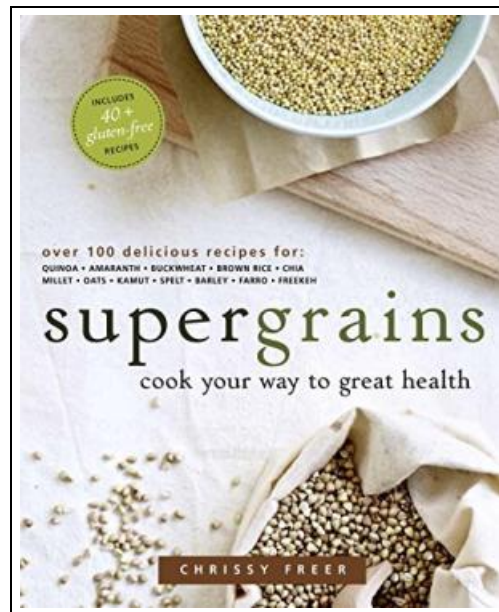


## Supergrains



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## SUPERGRAINS



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Appetite by Random House, United States, 2015. Paperback. Book Condition: New. 254 x 202 mm. Language: English . Brand New Book. Over 100 delicious recipes for quinoa, amaranth, buckwheat, brown rice, chia seeds, millet, oats, spelt, kamut, barley, farro and freekah. A fresh look at twelve delicious super-foods (over half of which are gluten free) to add a nutrient-packed punch to your day! No longer being held captive by the health food store, the world is waking up to the unique health benefits of grains. Supergrains includes over 100 delicious recipes. Firstly, you get the lowdown on the nutritional stats for each grain-- for instance, did you know that chia contains more omega 3 and dietary fibre than any other food found in nature?-- and then 10-12 delicious recipes for each one. All of the grains are ready to buy at your local supermarket--quinoa, amaranth, buckwheat, brown rice, chia seeds, millet, oats, spelt, kamut and barley--and with the recipes in Supergrai you ll see how easy it is to include them in your everyday diet. The step-by-step and easy-to-follow methods will give you the confidence to cook with these super-foods in fresh and contemporary ways, with dishes such as: Quinoa with Lamb, Pine Nuts and Currants; Buckwheat Pasta with Pancetta, Broccoli and Chili; and Roasted Nectarines with Barley and Almond Crumble. Six out of ten of these grains are gluten free and many are a complete source of protein, making these recipes perfect for vegans, vegetarians and carnivores alike. Supergrains gives you delicious, healthy meals that your whole family will love.



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