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Supergrains

By Chrissy Freer

Murdoch Books. Paperback. Book Condition: new. BRAND NEW, Supergrains, Chrissy Freer, What we eat and the impact food has on our health is becoming increasingly important in today's fast-paced society. Supergrains are nutrient dense foods that are gaining worldwide attention for their health benefits and their versatility. This book explores 12 such supergrains - quinoa, amaranth, buckwheat, brown rice, chia seeds, millet, oats, kamut, spelt, barley, farro and freekeh - with information on their history, uses, and unique nutritive and health benefits. With over 100 delicious, easy recipes for everything from banana, honey and walnut bread to lamb biryani with coconut and chilli relish, Supergrains is packed with fresh and approachable information to give you the confidence to incorporate these tasty superfoods into your everyday eating and entertaining. Key points: an emerging trend presented in a fresh, contemporary, accessible way; includes recipes for both well-known and emerging grains; nutritional breakdown for each grain along with useful information covering history, unique nutritive and health benefits, and preparation; easy, fresh approachable recipes for everyday eating and entertaining.



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