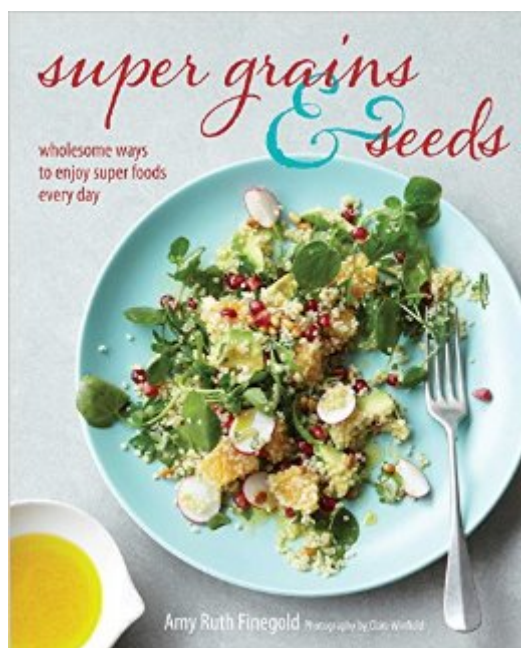


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# Super Grains & Seeds: Wholesome Ways To Enjoy Super Foods Every Day



## Synopsis

Grains and seeds possess potent health-giving properties; they are packed with vitamins, dietary fibre, and essential amino acids, and are known to support the immune system. But most people don't incorporate enough of these superfoods into their diets, and they are missing out on both the health benefits and on the flavor! Amy Ruth Finegold has rid herself of the health problems that plagued her and discovered a whole new exciting way to eat by embracing these ancient grains from amaranth to bulgur, buckwheat to teff. Get off to a good start with Breakfast options including Amaranth Porridge and Pineapple Bran Muffins. Soups include the fruity and tangy Summer Melon Soup with Tamarind, while Salads and Snacks also make a perfect light meal try a Wheatberry Salad with Apples and Pecans, or dip Amaranth Crackers into a vibrant Beet and Herb Dip. Entrées to enjoy include: Roasted Kombucha Squash with Avocado Hemp Yogurt Dressing and Lamb Chops with a Warm Quinoa Apricot Salad. Seeds and grains work well in sweet dishes, too. Round off your meal with Peach Pie with a Sunflower Seed Crust or Coconut Chia Pudding, or treat yourself to Quinoa Peanut Butter Cookies.

## Book Information

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## Customer Reviews

This powerful little book encourages the imagination with recipes for everything from smoothies to appetizers to salads to side dishes to main dishes to desserts. Makes for interesting reading as well as novel but simple presentations for your next meal or potluck contribution. Beautiful photography and typeface. I like the minimalist approach, which proves that fresh, high-quality ingredients are

enough, speak for themselves, and don't need exotic hyper-preparation or improving. The recipes bring out the best in wholesome ingredients and offer guilt-free enjoyment that is easy to create and fun to eat..

The recipes all look so delicious that I bought the book at a store - when really I don't need another cookbook. But so far everything has been great. I may cook my way through the book. Most exciting is that the gluten free dairy free muffin recipes actually come out moist light & fluffy. I also made the blueberry muffins with chopped apple & cinnamon for fall. These muffins are a life changer for my friends & family with food restrictions. Thanks Amy Ruth Finegold.

Joan Castine Beautiful book with excellent information on grains and seeds and their use in cooking and recipes. I love that each recipe has a little intro and the photographs make the dishes very appealing. Now that I am getting to know my Chia seeds from my Flaxseeds, I am excited to try cooking with them. I have never cooked with any of the grains, so I am looking forward to trying them as well. The recipes are easy to understand and follow. Hoping Amy Ruth has more books on the way!!!

This cookbook is different because it explains not only how to use these super healthy grains and seeds, but also teaches you how each one of these "super grains and seeds" naturally add additional health benefits to your diet. This is a wonderful gift for anyone who loves to prepare healthy dishes using ingredients in combinations that they might not have considered before.

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