



## The Sweet Side of Ancient Grains: Decadent Whole Grain Brownies, Cakes, Cookies, Pies, and More (Paperback)

By Erin Dooner

WW Norton Co, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. We need to eat more whole grains. A diet centered on white flour and refined carbohydrates is not good for our bodies or our waistlines. Even better than whole grains are the healthiest ancient grains, which include teff, buckwheat and quinoa. These grains are free from gluten and additives, but can be used to make delicious desserts. With recipes made from both ancient grains and more familiar 100 percent whole grains, Erin Dooner has created a must-have cookbook for anyone who wants to eat healthy but is blessed with a sweet tooth. Unlike previous efforts at whole grain dessert baking, this book relies on 100 percent whole and ancient grains and incorporates natural sugars wherever possible-all without compromising on results.



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