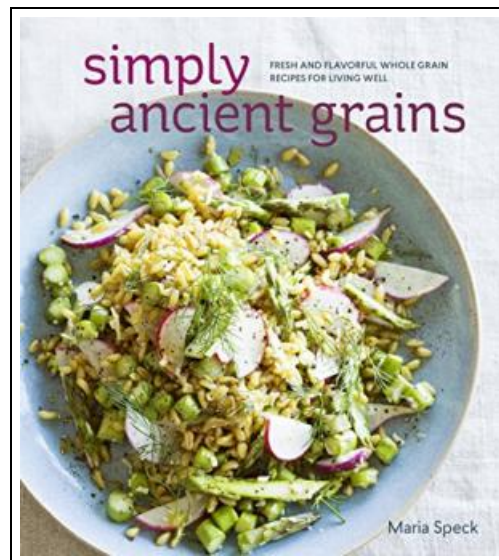


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SIMPLY ANCIENT GRAINS FRESH AND FLAVORFUL WHOLE GRAIN RECIPES FOR LIVING WELL



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Ten Speed Press. Hardcover. Condition: New. 272 pages. In this follow up to her award-winning *Ancient Grains for Modern Meals*, Maria Speck shares classic, comforting recipes that make cooking with ancient grains faster, more intuitive, and easier than ever before. From black rice to burgundy quinoa and golden Kamut berries--ancient grains are showing up on restaurant menus and store shelves in abundance. Yet in our own kitchens, many of us fear that whole grains are too difficult and time-consuming to prepare. But ancient grains can transform our cooking and eating--from simple weeknight fare to mouthwatering reinventions of all-time favorites. In *Simply Ancient Grains*, Speck explains how easy it is to bring these fascinating and nourishing staples to the table for breakfast, lunch, dinner, and dessert. This simplified approach takes whole grains to the next level by re-creating familiar comfort foods and amplifying their flavor and nutritional profile. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



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