



the Complete Whole Grains Cookbook

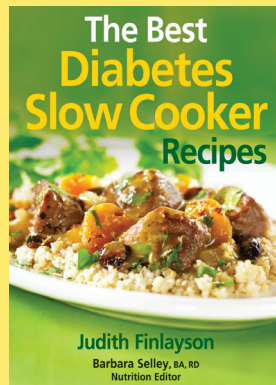
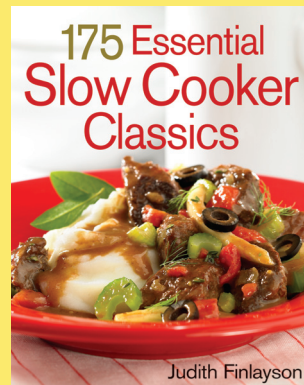
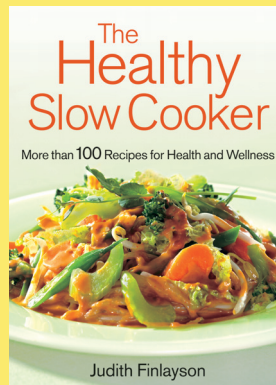
150 Recipes for Healthy Living

While recent research has linked the consumption of whole grains with a wide variety of health benefits, the sheer deliciousness of this nourishing fare is often overlooked. Pleasantly nutty with varying degrees of crunchiness, most whole grains are appetizing on their own and add taste and texture to any dish. Featuring over a dozen grains in mouthwatering recipes for breakfast through dessert, this book will help you to discover that good taste and excellent nutrition go hand in hand.

Create these delicious and nutritious recipes: Buttermilk Buckwheat Pancakes, Lemon Poppy Seed Blueberry Scones, Hot Millet Amaranth Cereal, Moroccan Chicken with Couscous and Cinnamon-Spiced Prunes, Southwestern Turkey Chowder, Saffron-Scented Shrimp with Chile Rice, Lemon Lovers' Tabbouleh, Tailgaters' Favorite Stew, Quinoa-Stuffed Tomatoes, Gingery Shortbread, Blueberry and Wild Rice Pudding, Coconut Pecan Blondies.



Also available



- Includes recipes for everything from soups, salads and sides to pancakes, puddings and more
- Extensive information on the nutritional properties of whole grains, plus color photographs for easy identification
- Buying and storing information, cooking methods and detailed nutritional analyses for individual grains and the recipes

JUDITH FINLAYSON is a food writer, journalist and author with a life-long love of cooking. Her slow cooker books, including *The 150 Best Slow Cooker Recipes* and *Delicious & Dependable Slow Cooker Recipes*, have sold over a half million copies. She is also the author of *125 Best Rotisserie Oven Recipes* and *The Convenience Cook*.

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