

The Essential Home-Ground Flour Book



If you are intrigued by the advantages of milling flour at home, this book is the place to start. It explains in detail how the various types of equipment work and absolutely everything you wanted to know about baking with home-ground flour. Not only is freshly-ground flour more nutritious than store bought, it also tastes better. With the right equipment, it's easy to mill your own flour and you'll soon be enjoying the delectable results. Whether you're new to milling or a seasoned pro, you'll be delighted by 100 sumptuous recipes for yeast breads, quick breads, bars, cookies, cakes and more.

Includes **100** Easy-to-Follow Nutritious Recipes

Featuring a wealth of information on whole grains — from the history of flour milling to their remarkable health benefits, as well as the advantages of milling your own flour at home.



SUE BECKER is a popular speaker and teacher. Since 1992, she has been teaching others the healthful benefits of whole-grain nutrition and baking with freshly milled flour. She is a business owner and has a degree in food science from the University of Georgia.

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Learn Complete Milling & Baking Techniques

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Includes **100** Delicious Recipes

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