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Essential Eating Sprouted Baking: With Whole Grain Flours That Digest as Vegetables (Hardback)

By Janie Quinn

Azure Moon Publishing, 2008. Hardback. Condition: New. Language: English . Brand New Book. Featuring appetizing baked goods ranging from sunrise pancakes to maple banana muffins and cinnamon animal crackers to brownie pie, this cookbook is full of tasty treats made from sprouted flour. An alternative to traditional flours, the sprouted variety is assimilated into the body as a vegetable rather than a starch and is more easily digested. These easy-to-use recipes using sprouted flour open up an entirely new avenue of cuisine for both those suffering with wheat and other grain sensitivities and those who simply want to eat better.



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