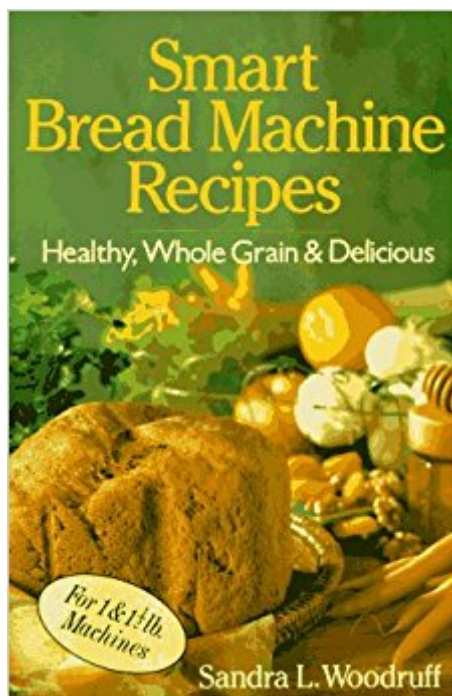




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Smart Bread Machine Recipes: Healthy, Whole Grain & Delicious



Synopsis

Fill the breads you eat with wholesome, fiber-rich, vitamin-packed grains, reduce the fat and the salt, and eliminate refined sugar--all with the push of a button. Over 130 recipes for both 1 and 1 1/2 pound machines introduce a new world of grains, from amaranth and barley to teff and triticale, plus two dozen different kinds of grain. 128 pages, 24 b/w illus., 6 x 9.

Book Information

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Customer Reviews

A lot more information to help then just a bunch of recipes. For that reason alone it is better then some similar books at three times the price.

Best book on breadmaking that I've read so far and I've read many.

New recipes!

So glad to have discovered this book. All the recipes I've made have turned out very well in my old Panasonic Bread Bakery, SD-BT55P, which has a whole wheat bake mode.

Super informative regarding the best ways to make healthy bread and troubleshooting flopped loaves. The recipes in general are very good, especially the english muffins and crescent rolls. Both have gained serious popularity with my extended family! It's so wonderful to get such a delicious taste and texture from a healthy, whole grain recipe. Only one flop so far, but it could have been me!

Every loaf of bread we've made from this book has been awesome. First time I've used lecithin and love her recipes with it. Bread machine bread is still edible several days later.

For a beginner like me, it's perfect. The amount of recipes and ingredients are not overwhelming. Instructions are very straight-forward and bread comes out of the machine just delicious.

This is a GREAT book! Full of wonderful info. I had this book and bought it for a friend. The service was very good as well.

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