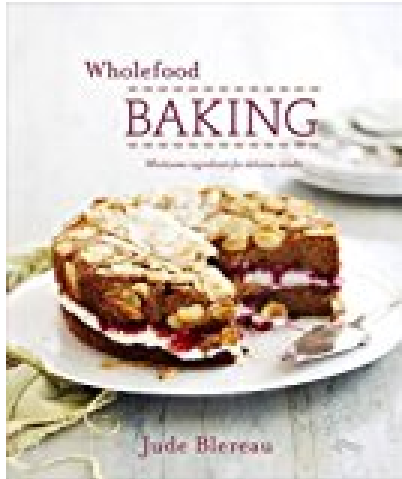


Wholefood Baking Wholesome Ingredients for Delicious Results



BOOK DETAILS

- Author : Jude Bleureau
- Pages : 290 Pages
- Publisher : Murdoch Books
- Language : English
- ISBN : 1742666590

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BOOK SYNOPSIS

The author of Wholefood turns her skilled hand and discerning eye to the popular field of baking, exploring organic and wholefood philosophy in everyday recipes. Wholefood baking combines two of food expert Jude Blereaus great loves. In this collection of her favorite recipes, she teaches readers who to bake with whole flours, natural sweeteners, and organic ingredients, offering advice on choosing the right ingredient for the best baking results. Thoroughly researched and beautifully photographed, this book includes failsafe recipes for more than 120 cakes, scones, biscuits, and pastries as well as delectable creams and icings and jams. This book is ideal for every passionate baker, but especially for those who want to cook for families and friends in the healthiest way possible. Recipes include Pumpkin, Cheddar, Rosemary and Sage Gluten-Free Scones; Quinoa, Cocoa Nib and Hazelnut Chocolate Sandwiches; Meyer Lemon, Barley and Olive Oil Cake; Dairy-free and Egg-free Vanilla and Coconut Cupcakes; and Cinnamon Apple Pie with Oat and Barley Rich Shortcrust. Includes dual measurements.

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