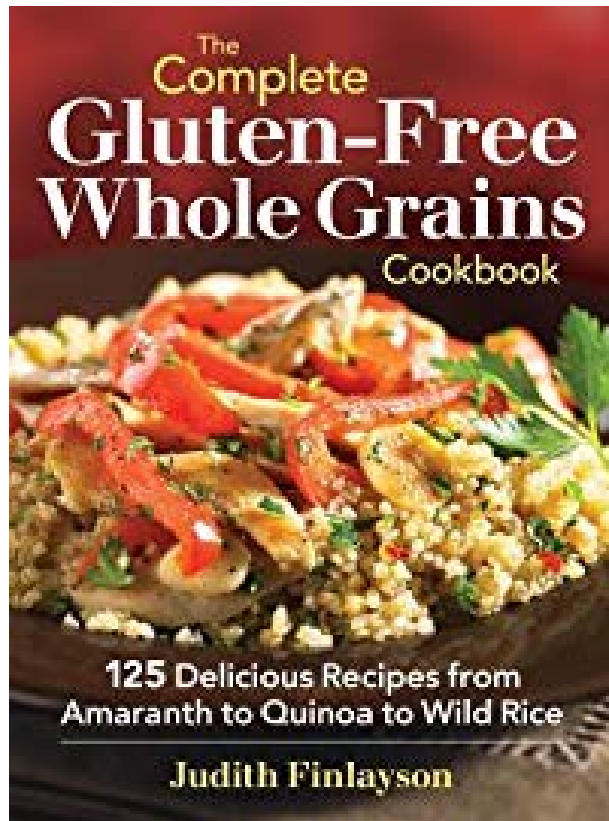


The Complete Gluten-Free Whole Grains Cookbook: 125 Delicious Recipes from Amaranth to Quinoa to Wild Rice



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Gluten-free whole grains can be delicious with flavors from earthy to nutty and sweet. Consuming whole grains offers not only a wide variety of health benefits, but they can be incredibly delicious. We also know that more and more people are looking for gluten-free alternatives. It is a huge market, and that's where this book fits in perfectly, with great recipes featuring amaranth, buckwheat, corn, job's tears, millet, oats, quinoa, rice, sorghum, teff and wild rice. Its color pages throughout feature a wealth of health information on these grains. There is a culinary profile for each, with buying and storing information, cooking methods and recommendations, and detailed nutritional analyses for each individual grain as well as for the recipes. The color photographs for each grain provide easy identification. Featuring mouthwatering recipes for breakfast through dessert, Finlayson ensures that good taste and a gluten-free lifestyle go together beautifully, from soups, salads and sides to pancakes, puddings and so much more. This book is proof positive that good taste, excellent nutrition and gluten-free options are not mutually exclusive.