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Smart Bread Machine Recipes: Healthy, Whole Grain & Delicious

Sandra Woodruff

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Smart Bread Machine Recipes: Healthy, Whole Grain & Delicious Sandra Woodruff
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.

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