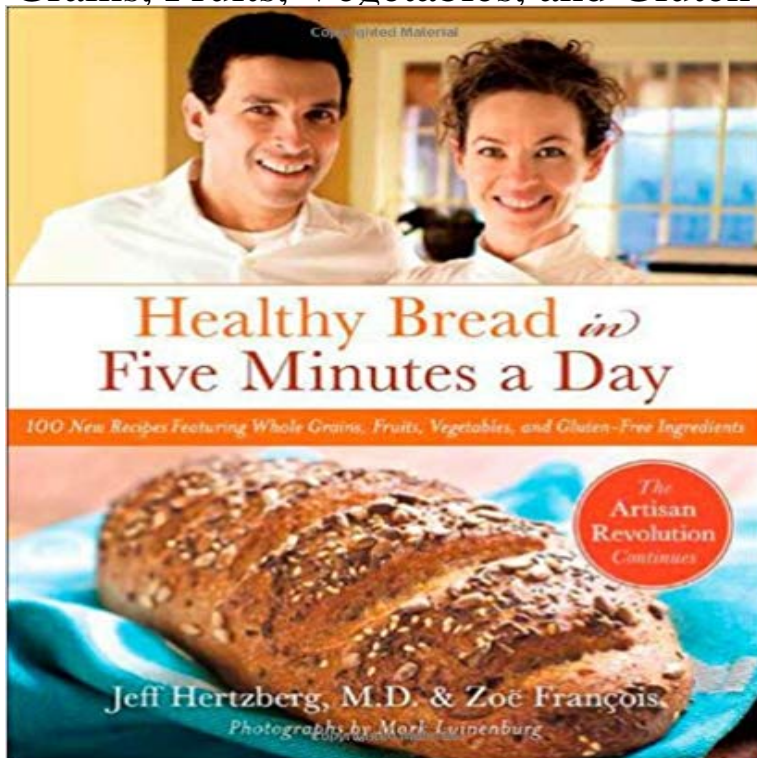


## Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients



With over 100,000 copies in print, Artisan Bread in Five Minutes a Day has proven that people want to bake their own bread provided they can do it easily and quickly. Knowing that people are changing the way they eat and bake because of health concerns or lifestyle choices, the authors took their established method and applied it to breads rich in whole grains, fruits, and vegetables. That is where Healthy Bread in Five Minutes a Day comes in. Health-conscious bread eaters need homemade options more than anyone else. They want delicious bread, but they can't find the healthy ingredients they'd like to use in traditional bakeries, or in traditional recipes. Whether you are looking for more whole grains, whether you're vegan, gluten-free, training for a triathlon, trying to reduce your cholesterol, or just care about what goes into your body, this book delivers. For all who discovered artisan bread through the first book and for health-conscious breadlovers everywhere, this book is a must-have. Includes Recipes for: Whole Grain Pizza with Roasted Red Peppers and Fontina Turkish-Style Pita Bread with Black Sesame Seeds Cherry Tomato Baguette Gluten-Free Rosemary Parmesan Bread Sticks Spicy Chile Whole Grain Snack Crackers Quinoa Bread Pistachio Swirled Brioche

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Fruits and vegetables are the best sources for phytochemicals and vitamins. **Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring** Dec 3, 2009 This book focuses on loaves made with whole wheat and whole Title & Publisher: Healthy Bread in Five Minutes a Day: 100 New recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients by Jeff **Healthy Bread in Five Minutes a Day Book Review - Good Cooking** 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients Jeff Hertzberg, M.D., Zoe Francois. ture childhood. 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