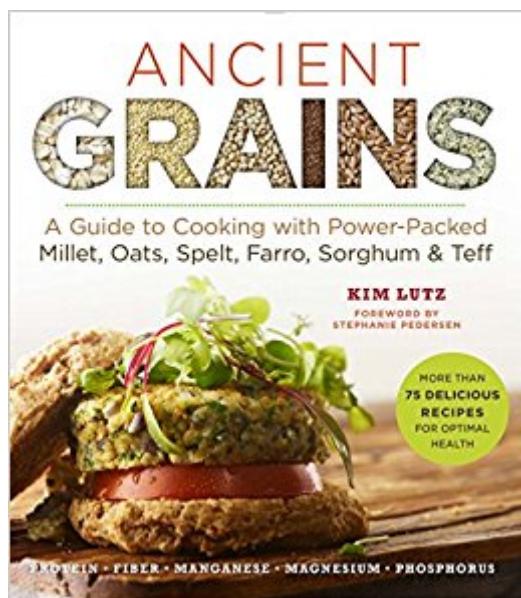


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# Ancient Grains: A Guide To Cooking With Power-Packed Millet, Oats, Spelt, Farro, Sorghum & Teff (Superfoods For Life)



## Synopsis

Ancient grains, with their nutrient-rich profiles, are making a comeback on today's dinner tables— including gluten-free options, like millet, teff, and sorghum. And they make everything from fluffy biscuits to heartwarming soups better: more nutritious, filling, and delicious. Super Grains celebrates the whole-grain goodness of spelt, farro, and even the humble cholesterol-lowering oat, in 75 easy, satisfying recipes. Enjoy crunchy Farro Apple and Almond Salad, Power-Packed Tomato Soup with sorghum, Teff-Lentil Sloppy Joes, Brussels Sprouts Millet Stew, and yummy Whole Grain Chocolate Brownies. It's superfood made super delicious!

## Book Information

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## Customer Reviews

Kim Lutz is a Chicago-based author and founder of Kim's Welcoming Kitchen ([welcomingkitchen.com](http://welcomingkitchen.com)), a Top 25 Food Allergy Mom Blog and Top 25 Vegetarian/Vegan Mom Blog. She is a contributor to the influential websites VegNews.com and Disney's My Allergy Kingdom, and the coauthor of The Everything Organic Cooking for Baby and Toddler Book and The Everything Guide to Cooking for Children with Autism (both published by Adams Media). Lutz has been featured in the Chicago Sun-Times, Chicago Parent, and on WGN-TV, among other media. Welcoming Kitchen: 200 Delicious Allergen and Gluten-Free Vegan Recipes (Sterling) received a Silver Nautilus Award. Her most recent book with Sterling, Super Seeds: The Complete Guide to Cooking with Power-Packed Chia, Quinoa, Flax, Hemp & Amaranth, has already proven to be a strong seller in the Superfood Series.

This is a great follow up to Super Seeds! My family has really embraced the healthy and delicious meals! The information about the origins and past usages of the grains was very interesting.

Good info

absolutely worth the \$\$, you won't be dissatisfied lots of tid bits in there, I found useful! I started buying all her books-they are excellent Check out the one on coconut and kale HIGHLY RECOMMEND BOTH! Thank you and god bless

Very nice informative little book, quality pictures, and nice recipes. Learned a lot.

interesting recipes, should be considered for "grain" cookbook

This little book is packed with useful info and recipes for using ancient grains. But don't expect to find every grain that's recently raised its head - Kim lists specific grains on the book's cover, and those are the ones she covers in the book. It's easy to read, practical, and very educational without being dry as a textbook. Now that I know more about them, I've started incorporating many of these grains into my 'traditional' recipes, with good results so far. The largely vegan recipes Kim gives are adaptable to those of us who want to include milk, eggs, and meat in our meals.

This was, for me, a really disappointing collection of recipes. Unimaginative and uninspiring, the information was redundant; I learned nothing.

I love this cookbook. From basic cooking techniques to delicious desserts, Ancient Grains has it all. I absolutely love the spelt sandwich loaf. I have always wanted to try spelt, but thought it might be a little too whole-wheaty and dense. The spelt rose beautifully and the end result was soft and stood up well to my sandwich filling. I used it to make a great french toast the next day. I was also intrigued by the strawberry oatmeal ice cream. I like that there were directions for both an ice cream machine and ice mold pops. My ice cream machine is out of commission, so I made the pops. They were great, and my toddler especially liked them. I am always looking for ways to make my family meals more nutritious, and Ancient Grains will certainly help me do that.

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