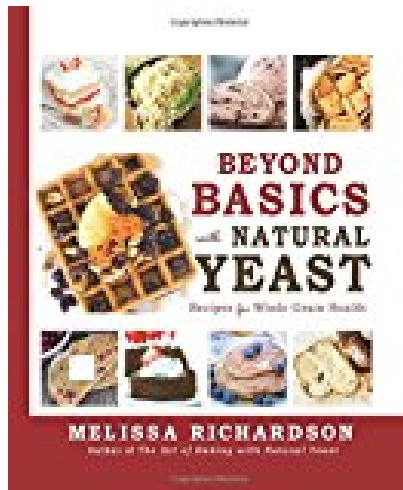


Beyond Basics with Natural Yeast Recipes for Whole Grain Health



BOOK DETAILS

- Author : Melissa Richardson
- Pages : 200 Pages
- Publisher : Cedar Fort Publishing & Media
- Language : English
- ISBN : 1462114024

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BOOK SYNOPSIS

Say goodbye to commercial yeast, and hello to a healthier body! With allergies to gluten and commercial yeast on the rise, natural yeast is a fun and healthy solution to baking all the foods you love—while improving your body's antioxidants, breaking down grains, and making your bread taste more delicious than ever. "Bread Geek" Melissa Richardson, coauthor of *The Art of Baking with Natural Yeast*, is back with new and refined techniques and tips that will take your natural yeast breads to the next level. Try over 60 new recipes, including vegan, diabetic-friendly, and no-wait recipes like: Cranberry Ginger Loaf, Vegan Waffles, Cracked Pepper Spelt Crackers, Basil Dinner Crepes, Salted Chocolate Sourdough Bread. From troubleshooting tips to artistic finishing touches, this guide will make baking with natural yeast fail-proof, healthy, and delicious—every time. So grab your starter, flour your hands, and get ready to bake!

BEYOND BASICS WITH NATURAL YEAST RECIPES FOR WHOLE GRAIN

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