



# **Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains**

*Tabitha Alterman*

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**Whole Grain Baking Made Easy: Craft Delicious, Healthful Breads, Pastries, Desserts, and More - Including a Comprehensive Guide to Grinding Grains** Tabitha Alterman

**Take control of the grains you eat.** Written by *Mother Earth Living* food editor **Tabitha Alterman**, *Whole Grain Baking Made Easy* is a guide for bakers who want to maximize the nutritional value of their breads and desserts while experimenting with delicious new flavors of many different whole grains. Alterman includes recipes for a wide array of flours and flour blends - from amaranth to millet to teff - as well as guidance on all aspects of home milling, such as choosing a mill and properly storing your grain and flour. With straightforward instructions and full-color photography, Alterman teaches home bakers age-old methods for making deliciously tender breads and cakes out of whole-grain flours. So whether you want to bake low-gluten goodies, maximize the nutrition in your baked goods, become more self-reliant, or experiment with heirloom or heritage grains, *Whole Grain Baking Made Easy* puts you in charge of the grains in your diet from start to finish.

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