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Pastrymaking and Baking with Chia: Easy and Tasty Recipes with omega 3

Vilma Lo Presti

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#7090283 in Books 2009-06-30Original language:English 8.25 x 8.25 x 1.00l, #File Name: 9870801455224 pagesChia seed recipesChia seeds cookbookChia seeds recipesChia seed cookbook | File size: 51.Mb

Vilma Lo Presti : Pastrymaking and Baking with Chia: Easy and Tasty Recipes with omega 3 before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pastrymaking and Baking with Chia: Easy and Tasty Recipes with omega 3:

5 of 5 people found the following review helpful. Skip this book and just add a spoonful of chia to any recipe
By Customer
I was looking for a book on cooking with chia because I had seen on the internet that you can use chia seed
jell as an egg replacer in baked goods or using chia seeds to thicken sauce. All this book is doing is adding the seeds to
a bunch of ordinary recipes. You can pretty much do that to any recipe. There are chapters on the health benefits of
chia seeds which are informative but it is like reading a medical journal so I really had trouble focusing. Some of the
recipes are interesting, I've never heard of them in the US but I probably would not have purchased the book based
upon these recipes.

A wonderful 223 page, part color recipe book that features the amazing chia seed in every recipe. This book goes into
detail about healthy fats like Omega-3 and Omega-6, but is mainly a very nice recipe book with over 100 different
recipes. These recipes include cakes, puddings, muffins, breads, cookies, meringues, deserts etc.