

Pink Kitchen Scones

Lisa Grey

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Lisa Grey : Pink Kitchen Scones before purchasing it in order to gage whether or not it would be worth my time, and all praised Pink Kitchen Scones:

1 of 1 people found the following review helpful. Totally surprised...LOVE!By Bookgirl76I have never been much of a "health" food person-ESPECIALLY when it comes to baked goods. I like my bakery treats full of sugar, substance and hearty as heck. I came across Pink Kitchen's Scone cookbook. Holy moly-I was so very pleasantly surprised. I actually crave these scones. While they are not full of sugar...they have so much more. When I eat one I feel like I'm

doing my body a favor. I'm satisfied because they contain quality ingredients that are actually GOOD FOR ME as well as the satisfy the sweet tooth that is never satisfied. While I've tried a few different scones from this book-my personal fav is the mango (very warm and soulful). If you are looking to change the way you eat, treat your body right but not lose the flavor you love...this is it. Enjoy!1 of 1 people found the following review helpful. Scones and TEA a Perfect Pair~By tea loverI LOVE SCONES! Actually I've tasted and paired quite a few. What I love about this book is there are many options for "SAVORY" scones as well. Herb Scones, or Spinach Garlic Scones are always a HIT with my family at dinner. Then my particular favorites which I provide at my TEA TASTINGS are the GINGERBREAD or APPLE PIE scones which pair delightfully with a rich dark Assam Black Tea. Thank you for this marvelous book on scones! You will find most are made with Barley flour which is very low in gluten. Happy baking!2 of 2 people found the following review helpful. Easy, healthy and YUMMYBy Mommyof4So far I made the apple pie scones and they were yummy. My kids (5 and younger) liked them too so that is an extra PLUS!!! I found the receipes easy to follow, I was able to whip them up while making dinner and tending to the kids. They baked while we ate and then I let the kids taste (test) them after dinner. They all had seconds. They voted on trying the chocolate banana next, ha. If you are looking for healthy, easy and yummy treats I would say BUY THIS BOOK. ENJOY

Lisa Grey knows a thing or two about nutrition. When she was diagnosed with breast cancer, Lisa used nutritious foods and herbs to help battle the disease. When Lisa's tumor shrank just a few weeks later, doctors told her that 'sometimes these things just can't be explained.' But Lisa knew the explanation - good nutrition! Since then, Lisa has had a passion for helping people to use nutrition as an aid in healing and preventing cancer and other diseases. Out of this passion, Pink Kitchen was born. Many people say they'd like to be healthy - but they believe that being healthy takes too much time, talent, or money. And the thought of all that extra effort is especially daunting to a person who has battled cancer or another disease. Whether you are a breast cancer survivor or not, it's time to step into Pink Kitchen - where healthy cooking is delicious, affordable, and easy...even if you think you have absolutely no talent for cooking. Pink Kitchen SCONES is filled with simple, no-sugar-added recipes for scones. You'll find lots of classic flavors - and some that are sure to become your new favorites. Pink Kitchen SCONES can help you start off your day in a healthy way...or indulge in a guilt-free mid-day treat. You can do this. Good nutrition is as close as the nearest mixing bowl. Now let's make some scones!