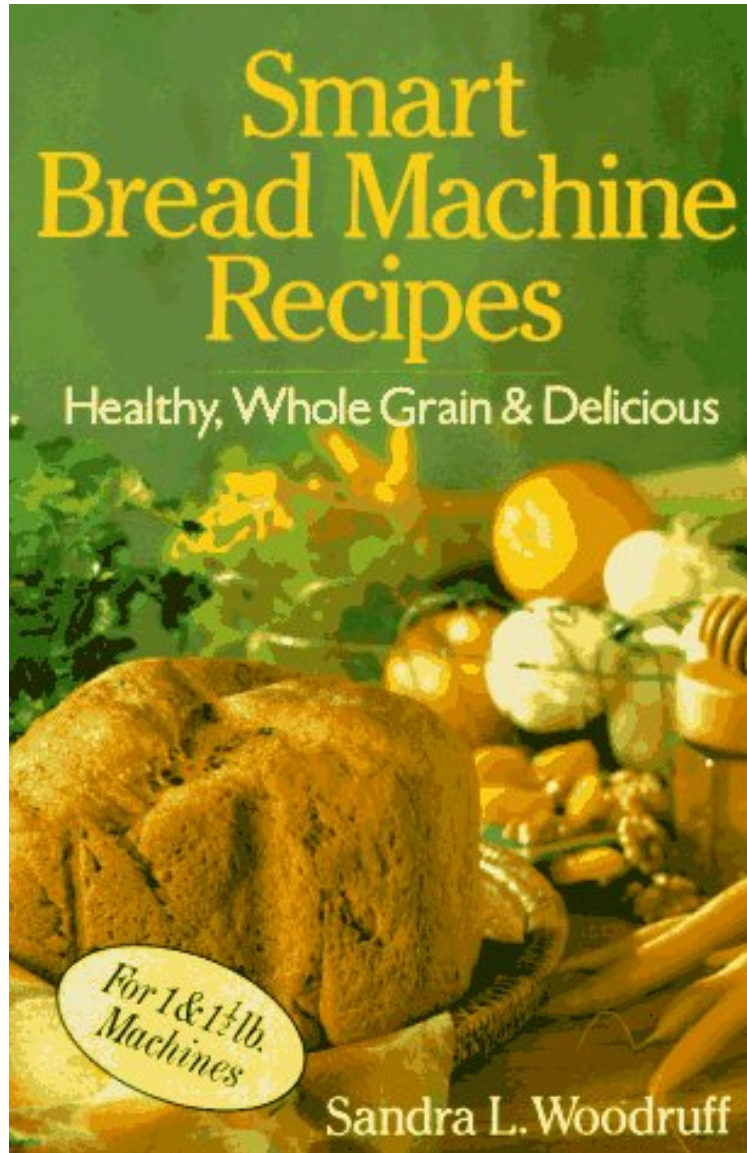


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Smart Bread Machine Recipes: Healthy, Whole Grain Delicious

Sandra Woodruff

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and I was feeling unhappy with the purchase. Then I found this book on . It featured recipes for all sizes of bread machines. For that alone, I decided to give it a try. It is PERFECTION! This author knows her bread, knows the machines, and has done a thorough job of communicating her knowledge.42 of 44 people found the following review helpful. Fantastic Tasting and Healthy!By L. LandThis book has great recipes for wholegrain breads. If you're looking for recipes that avoid white flour and have healthy wholegrains instead, this is the book for you.For the most part, it is also low sugar, which is why I purchased it. There are a few recipes with honey and molasses, though. My husband has raved about all the breads I've made from this book. It gives recipes for 1 and 1 1/2 pound loaves.1 of 2 people found the following review helpful. need more books like thisBy Phare-Campi wanted more healthy whole grain recipes and this fits the bill. i wish there were more books for breadmachine with more whole grain recipes.

Fill the breads you eat with wholesome, fiber-rich, vitamin-packed grains, reduce the fat and the salt, and eliminate refined sugar--all with the push of a button. Over 130 recipes for both 1 and 1 1/2 pound machines introduce a new world of grains, from amaranth and barley to teff and triticale, plus two dozen different kinds of grain. 128 pages, 24 b/w illus., 6 x 9.