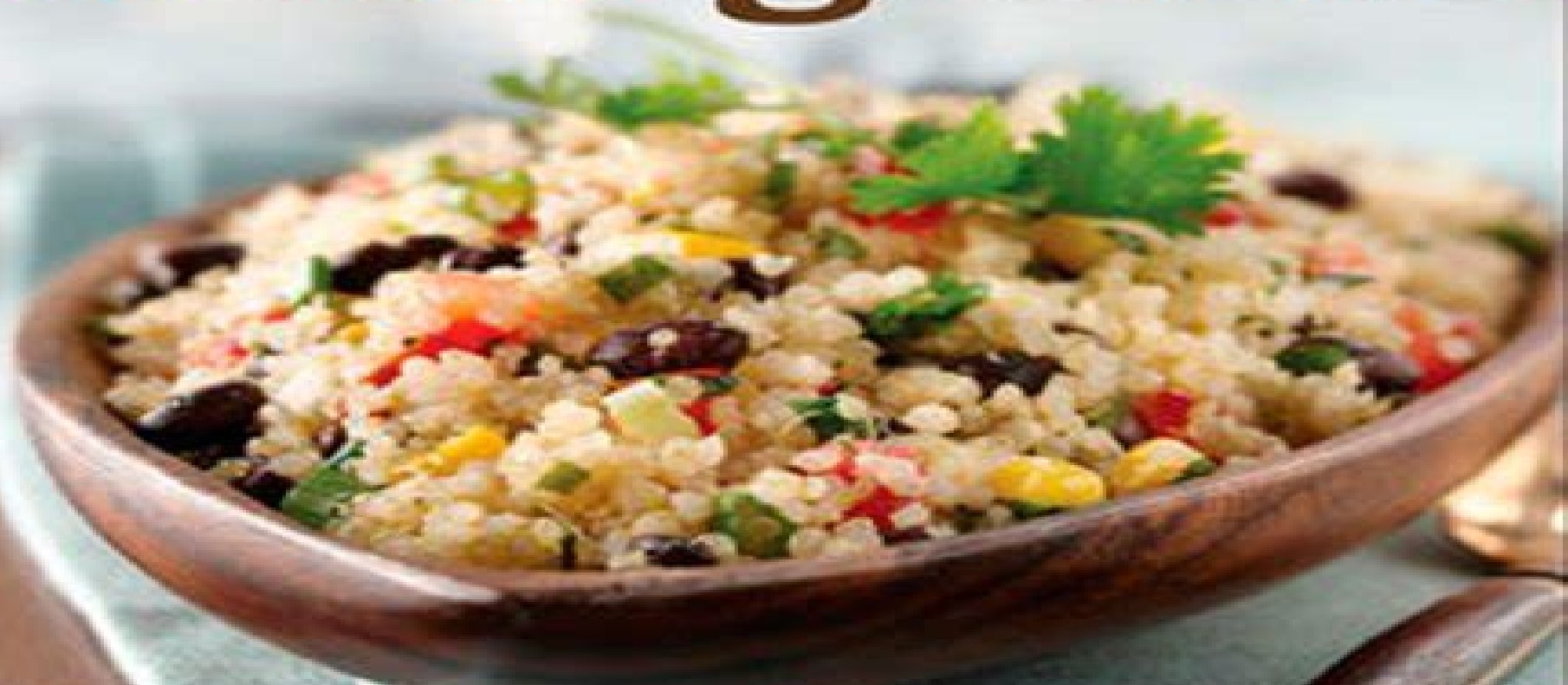


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Betty Crocker Whole Grains Betty Crocker, Betty Crocker Editors, 2007-11-28 Offers more than one hundred forty recipes featuring whole grains from breakfasts and breads to fast dinners easy entrees and desserts

Whole Grains Betty Crocker, 2021-05-12 More than 140 creative ways to use the goodness of quinoa barley oats and more in your family's favorite meals from the trusted name in cooking With this cookbook you'll discover 140 delicious whole grain recipes for every meal of the day including on the go snacks convenient slow cooker recipes and super fast thirty minute dishes plus cooking tips and information on the different kinds of whole grains available authoritative advice on the health benefits of whole grains and fifty beautiful color photos From Oatmeal Pancakes with Maple Cranberry Syrup and Campfire Popcorn Snack to Spanish Rice Bake and Frozen Strawberry Cheesecake you'll discover just how tasty and easy cooking with whole grains can be More than 140 easy recipes offer delicious ways to enjoy whole grains at every meal Informative Q As demystify whole grains and describe the many different types available from bulgur and cornmeal to millet and quinoa Chapters on slow cooker meals and sides thirty minute meals and on the go snacks help you feed a hungry family in a hurry Special sections take the guesswork out of cooking whole grains and explain the health benefits of eating whole grains every day Recipes feature complete nutrition information including whole grain servings and carbohydrate choices Fifty tempting color photos of delicious whole grain dishes

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