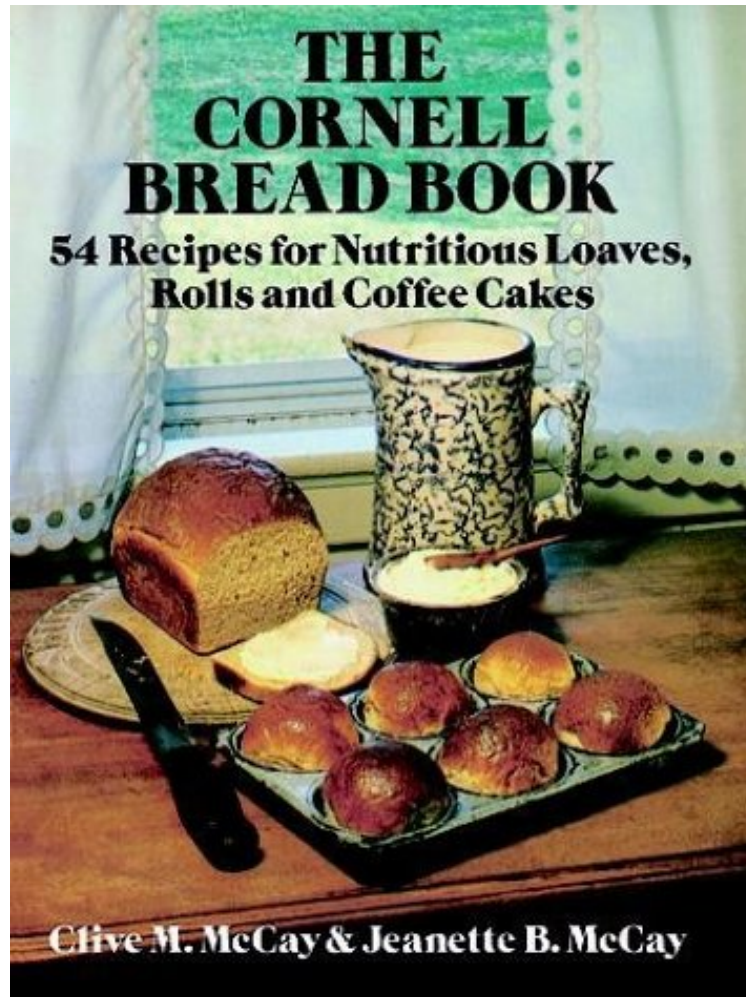


(Download free ebook) The Cornell Bread Book: 54 Recipes for Nutritious Loaves, Rolls and Coffee Cakes

The Cornell Bread Book: 54 Recipes for Nutritious Loaves, Rolls and Coffee Cakes

Clive M. McCay, Jeanette B. McCay

*Download PDF | ePub | DOC | audiobook | ebooks



DOWNLOAD



+

READ ONLINE

#1209884 in Books 1980-11-01 1980-11-01 Ingredients: Example Ingredients Original language: English PDF # 1 .11 x 8.11 x 10.911, #File Name: 048623995032 pages | File size: 56.Mb

Clive M. McCay, Jeanette B. McCay : The Cornell Bread Book: 54 Recipes for Nutritious Loaves, Rolls and Coffee Cakes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Cornell Bread Book: 54 Recipes for Nutritious Loaves, Rolls and Coffee Cakes:

0 of 0 people found the following review helpful. Interesting book on background of bread making in the past By Kerrie P This book is more historical than current, as I cook whole grain bread far more than white bread. It talks about how to make bread more nutritious, and give some tips for when cooking 'white bread' for people who don't want whole grain bread. A useful addition to the library for a specific purpose. Good range of recipes for different occasions also. 0 of 0 people found the following review helpful. The bread that supports life! By Camilla 42 years ago I stumbled upon a bread recipe, Cornell bread, that promised to have all the nutrients necessary for life! We tried it and found it so

delicious I began the habit of baking fresh bread each day. Moving to another state our routine changed and I stopped my baking to settle in our new house. Over the years I lost my recipe. Then I googled and found this book on . I will hang on to this little book for sure. If you're new to the recipe, you're in for a real surprise. It's superb. 1 of 1 people found the following review helpful. Amazing Book! By Dinah I have joined a group at my church that takes home cook meals to elderly house bound members and 100 other community residents once a week. The elderly rarely get enough protein in their diets for various reasons, (i.e. not enough money, unable to chew meat, etc.) This wonderful book gave me enough ideas on how to increase the protein level of their diets by simply adding Soy Flour to the bread I make for them. By adding a loaf of bread to the meals we deliver, they have a food that is a complete protein equal to red meat. Plus, it is a food they are familiar with, easy for them to eat, and there is enough to allow them to have something nourishing in their home to eat once the meal is gone.

Rich collection of recipes for famed low-calorie, high-protein bread, baked goods developed by Cornell University scientist. Breads, rolls, buns, cakes, pizza pie crust, stollen, panettone, etc. Easy-to-follow illustrated instructions.