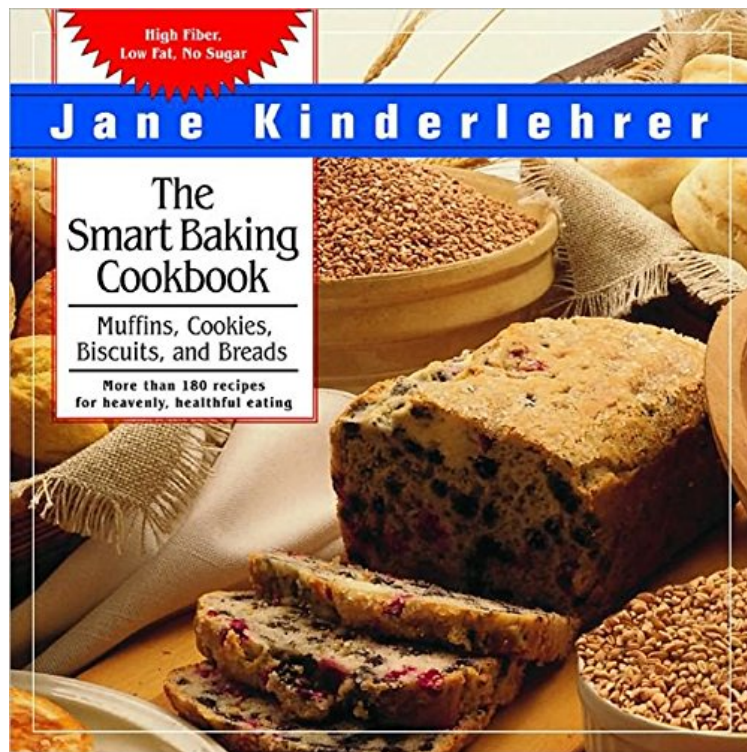


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The Smart Baking Cookbook: Muffins, Cookies, Biscuits and Breads (Jane Kinderlehrer Smart Food Series)

Jane Kinderlehrer

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Jane Kinderlehrer : The Smart Baking Cookbook: Muffins, Cookies, Biscuits and Breads (Jane Kinderlehrer Smart Food Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Smart Baking Cookbook: Muffins, Cookies, Biscuits and Breads (Jane Kinderlehrer Smart Food Series):

7 of 7 people found the following review helpful. Great, healthy, easyBy CarolinaThis is a great book. You'll find a variety of good recipes for healthy muffins. You don't need butter or refined sugars to make a good tasty muffin, and the recipes in this book prove that. I don't agree about the reviewer who says that the recipes are not easy or the items obscure. Certainly they are not the very common ones. I have a large Tupperware in the fridge with the different ingredients the recipes call for, and that's it, I have always the supplies at hand. Then you just mix the ingredients and voila! I recommend a health food store to buy the ingredients you need, one that sells bulk. You'll find there most of the things you need. And certainly the muffins will be still ok if you mix one ingredient or substitute it, not big deal. I highly recommend this book.This is an update of my previous review: now that I have a young toddler, I like this book even more. There are plenty of ideas for healthy muffins that she eats without sugar or refined flours, and with extra veggies! that's perfect! A lot of recipes also tolerate substitutions very well when I'm lacking some ingredients. I cannot say it enough, those are the most amazing muffins ever!0 of 0 people found the following review helpful.

Smart Muffins Cookies are Yummy. By K. F. Thompson Love the Smart Baking Muffins and Cookies book. 2 of 2 people found the following review helpful. Jane Kinderlehrer is amazing. By Savta If you are the type of person who is looking for excellent recipes with high nutritional value, this is one author which you should be acquainted with. She has been an inspiration to me since I established my own home in 1976. I was floored that one comment said the recipes in this book were bland! In an era when many of us (myself included) find all kinds of interesting recipes on the Internet, this book is still a gem. Just some examples: wheat sprout muffins with great taste and texture or muffins made with mashed pinto beans - and believe me you would never guess. Then there are black beans and rice muffins, which are not sweet but great tasting.

Ideal for today's healthy choice lifestyle, this attractive cookbook features more than 180 popular, family- and kitchen-tested recipes for 83 muffins, 80 cookies, and dozens of biscuits, breads, and toppings. Infamously sneaky in using healthy ingredients like fruit, nuts, honey, and carob, Jane Kinderlehrer shares easy-to-follow, high-fiber, low-fat, and sugar-free recipes that the whole family will find delicious, including Peachy Pecan Muffins, Butterfly Ginger Cookies, Cinnamon Twist Coffee Cake, Crunchy Fudgy Brownies, and much more! The Smart Baking Cookbook Muffins, Cookies, Biscuits, and Breads Charmingly illustrated, the book includes special chapters for the allergic; extensive guides to flours, grains, and seeds; a metric conversion chart; and a detailed index.

"Kinderlehrer knows how to strike a balance between taste and nutrition that will have diners clamoring for more." About the Author Jane Kinderlehrer, author of the classic "Smart Food" cookbook series, was senior editor and food editor of Prevention magazine for nineteen years and a regular New York Times columnist. Daniel A. Kinderlehrer, M.D., Jane's son, is an internist and expert in diet, nutrition, and holistic medicine, who lectures widely and has been a regular presenter at the Omega Institute in Rhinebeck, New York. He lives in Santa Fe, New Mexico.