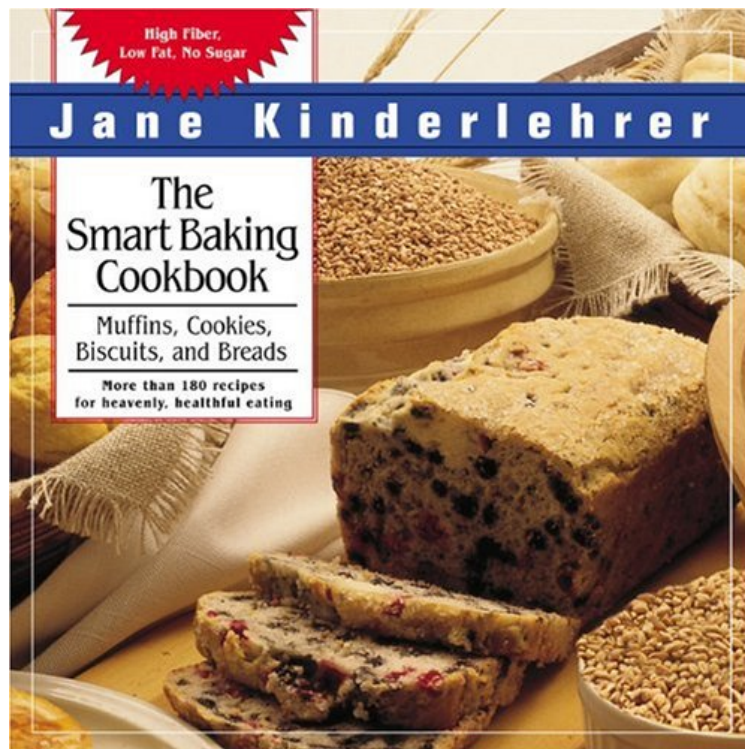


(Library ebook) The Smart Baking Cookbook: Muffins, Cookies, Biscuits, and Breads (Newmarket Jane Kinderlehrer Smart Food Series)

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

Jane Kinderlehrer

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**Jane Kinderlehrer : The Smart Baking Cookbook: Muffins, Cookies, Biscuits, and Breads (Newmarket 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 (Newmarket 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. ThompsonLove the Smart Baking Muffins an Cookies book.2 of 2 people found the following review helpful. Jane Kinderlehrer is amazingBy SavtaIf 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 entertaining at home or in the backyard, at informal buffets, kids' parties, or fancy dinners, Vegetarian Entertaining with Friends offers mouth-watering appetizers, tantalizing main dishes, and delectable desserts. Included are wine and drink selections as well as gluten-free and/or dairy-free dishes. 8 pages of color photos.

"Kinderlehrer knows how to strike a balance between taste and nutrition that will have diners clamoring for more."About the AuthorSimon Hope is the chef/owner of Food for Friends restaurants in England, renowned for imaginative and satisfying vegetarian food and menus.