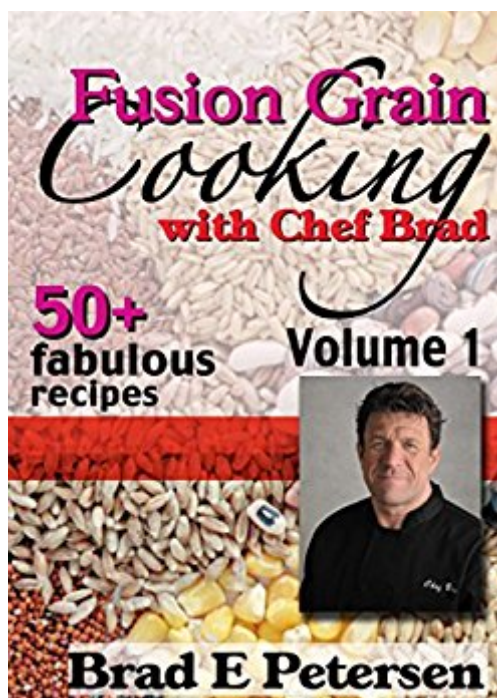


The book was found

Fusion Grain Cooking With Chef Brad, Volume 1



Synopsis

Chef Brad Petersen, the America's Grain Guy, shares over 50 fabulous recipes that combine grains to foods you already eat to make food that not only tastes great but is good for you.

That's what fusion grain cooking is all about! Optimal nutrition and flavor! Learn about thirteen of Chef Brad's favorite grains, including the "super grains," perfect protein that contain all eight essential amino acids. Quinoa, flax, buckwheat and more delve into their history, nutrition and uses. Plus, Chef Brad draws from his extensive research and experience to share dozens of tips and insights to enhance your cooking experience. As Chef Brad says, "Eating healthy never tasted so great!"

Book Information

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Customer Reviews

Thank You

Lots of good recipes Great advice. Look forward to getting his other books. He came to my

Women's group and spoke about healthy eating. He's the Best!!

Leave all the refined grains behind and give your body what it needs with this whole grain book. Delicious recipes.

Love Chef Brad. Some great recipes in here. Wish there was a bit more, but I knew what I was buying...50+.

I haven't used the receipes yet I saw his show and I had to get the book to try them.

Kindle books are hard to navigate-it takes awhile to find a recipe sometimes. I love Chef Brad, however, and enjoy his show on B.Y.U. T.V.

I never received this book for some reason??????

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