



The Grain Bowl (Hardback)

By Nik Williamson

Phaidon Press Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. A delicious take on the latest superfood meal, with innovative grain, seed, and rice recipes ideal for everyday healthy eating Grain bowls and porridge are hitting the headlines with their nutritious properties. Restaurants worldwide are adding grain-based dishes to their menus - and not just for breakfast. These recipes are guaranteed to surprise and inspire, built around quinoa, oats, rye, spelt, buckwheat, barley, amaranth, black rice, and millet. The Grain Bowl is a collection of 90 hearty recipes for breakfast, lunch, and dinner - delicious, satisfying, easy, and heart-healthy - made with a variety of grains, seeds, rice, and superfoods, plus fresh fruits, slow-cooked meats, roasted vegetables, and sweet treats. This book serves up delicious and nourishing options for home cooks everywhere.



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

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Undoubtedly, this is actually the finest work by any writer. It is really basic but excitement within the fifty percent of your publication. Your way of life period is going to be enhance as soon as you comprehensive looking over this ebook.

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