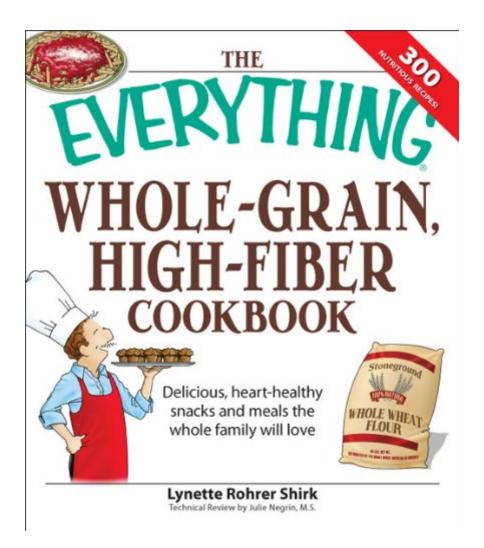
The book was found

The Everything Whole Grain, High Fiber Cookbook: Delicious, Heart-healthy Snacks And Meals The Whole Family Will Love (Everything®)





Synopsis

Start reaping the benefits of a whole-grain, high-fiber diet! The Everything Whole-Grain, High-Fiber Cookbook is your ultimate one-stop resource for making sure you and your family gets all the yummy whole grains and healthy high fiber you need! You'll enjoy eating healthy like never before with inventive, tasty dishes like: Banana-Nut Stuffed French Toast; Shallot Walnut Herb Bread; Lasagna Florentine; Walnut Tarragon Chicken Salad on Raisin Foccacia; Cranberry Relish; Cashew Egg Salad Sandwich; Pumpkin Soup. Featuring 300 fabulous recipes, this is the only cookbook you need to incorporate high-flavor, high-fiber foods into every meal and snack. Easy-to-read dietary information for each recipe will help you make sure you meet all your nutritional needs. This indispensable cookbook is full of simple tips to add fiber to your life. Eating whole grains is a key step toward a healthier, happier you!

Book Information

File Size: 884 KB Print Length: 320 pages Publisher: Adams Media (March 1, 2008) Publication Date: March 1, 2008 Sold by: Â Digital Services LLC Language: English ASIN: B001OFICZK Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #85,552 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7 in Books > Health, Fitness & Dieting > Nutrition > Fiber #17 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #32 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods

Customer Reviews

I bought this book looking for a healthy, high fiber cookbook. There are a lot of recipes that have an alarming amount of fat! Chicken Salad Bake: 74.3 grams of fat and almost 1,000 calories per serving! I think the fat and calories would offset the benefit of the fiber!!

Finally a healthy cookbook with recipes that actually taste good! I am sick of bland cardboard muffins and cookies. This cookbook uses whole grains and tons of veggies and fruits to create flavorful foods that everyone can enjoy. My top pick (so far) is the Cabbage and Chicken Salad with Peanut Dressing. WOW! Full of flavor!

I bought this book recently and love it! As the mother of three kids, I find that the recipes are just right--it's not crazy low-fat which wouldn't be good for the kids, but it's healthy enough for me and my husband who want to lose a little poundage. And, dare I say it aloud, but since we've been cooking from it I think I even dropped a pound or two, and I haven't felt hungry!

This is a good cookbook. To be honest, I am now finding so much on the internet that I am a little sorry that I purchased this book. If you are looking for recipes high in fiber, this is a great start.

I was shocked when I started going through this book. Some of the recipes don't even have a full 1 gram of fiber, and the fat content on a lot of them is insanely high. Plus, some of the 300 recipes include how to boil vegetables. Uh, thanks. How this publisher put this book into the market in good conscience is beyond me. If you're thinking of buying this book, for the sake of your health, you're better off just setting the \$8.61 you would pay on fire. I can only pray I still have my receipt.

This cookbook is chock-full of delicious recipes with easy to follow directions and crowd-pleasing results. The dessert section is scrumptious and filled with fruits. This has become an instant classic in my cookbook library.ENJOY!

Download to continue reading...

The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love (Everything®) The Everything Whole Grain, High Fiber Cookbook: Delicious, heart-healthy snacks and meals the whole family will love Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods,

Whole Food Diet, Whole Foods Cookbook) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) High Fiber Recipes: Whole and Healthy High Fiber Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) 500 Low-carb Recipes - 500 Recipes, From Snacks To Dessert, That The Whole Family Will Love (500 Recipes, from Snacks to Dessert) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! The Everything Calorie Counting Cookbook: Calculate your daily caloric intake--and fat, carbs, and daily fiber--with these 300 delicious recipes (Everything®) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (div protein bars, protein bars, high protein snacks) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet -Whole Foods Cookbook - Whole Foods Recipes Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain David Perlmutter 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle The Frequent Fiber Cookbook: Easy and Delicious Recipes and Tips for People on a High Fiber Diet

<u>Dmca</u>