



## Power Grains: Spelt, Faro, Freekeh, Amaranth, Kamut, Quinoa and Other Ancient Grains

By -

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Power Grains: Spelt, Faro, Freekeh, Amaranth, Kamut, Quinoa and Other Ancient Grains, Move over wheat, there's a new grain in town. In fact there are many. A whole host of power grains are now available to us that can improve our general health and well-being. Packed full of dietary fibre and plant-based proteins, and rich in vitamins and minerals, these 'superfood' grains boost energy levels, keep you feeling fuller for longer and can help improve your appearance from the inside out. Recipes to try include ideas for breakfast bowls and bars, soups and salads, larger plates and both savoury and sweet bakes. Discover Power Protein Granola; Peach & Chia Smoothies; Freekeh, Pumpkin & Crispy Ginger Salad; Roast Asparagus & Farro Soup; Spicy Quinoa Burgers with Portobello Mushrooms; Saffron Shrimp Barley Pilaf; Stuffed Trout with Faro, Dates & Pine Nuts; or indulge in a slice of Fresh Blueberry Tart with Spelt Crust or a Peanut Butter & Quinoa Cookie. Whether you need early morning fuel food to prepare you for the day ahead, a lunchtime brain boost at work, or a protein fix ahead of an energetic evening workout, you'll...



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