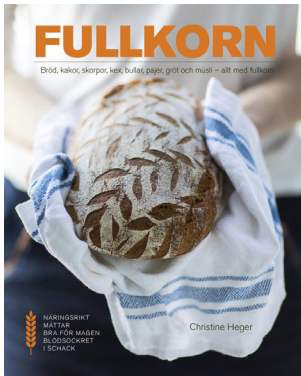


WHOLEGRAIN

BREAD, COOKIES, RUSKS, CRACKERS, BUNS, PIES, PORRIDGE AND MUESLI – ALL WITH WHOLEGRAIN



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Fullkorn

Christine Heger
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Do you love to bake but want to eat healthily? Then this is the book for you!

“Bread and flour-based foods have for a long time had to endure a lot of criticism, but there is a big difference between flour and flour! Modern, white wheat flour is a foodstuff stripped of its nutrients and full of empty calories. Wholewheat flour on the other hand contains plenty of healthy fibres and essential nutrients and research has been unanimous in its recommendations that we should consume more of it!”

In this book you will find many wonderful recipes in which the white flour has been switched for wholegrain flour. The recipes are easy to follow and you will be pleasantly surprised by the flavoursome results! It's just a matter of allowing yourself to be inspired and getting started!

- Wholegrains are full of healthy nutrition and fibres.
- You can do so much more than you think with wholegrain! (Pancakes, waffles, buns, pies, muesli, porridge, cookies and bread.)
- The taste is so much richer with wholegrain.



About the author

Christine Heger is an economics graduate from *Handelshögskolan* who left behind her life in Stockholm to follow her passion. These days she runs the company *Bröd & Kvarn* in Falsterbo which combines her two great interests in life: baking and healthy living. In this book she has collected all of her favourite recipes!