



# The Whole Grain Cookbook

*A. D. Livingston*

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## The Whole Grain Cookbook A. D. Livingston

Grain truly is the staff of life—tasty, versatile, and highly nutritious. This terrific and comprehensive cookbook offers authentic, eclectic, homespun recipes that showcase a variety of different grains at their best, whether on their own or cooked with vegetables or meat. From the familiar oat to exotic ancient crops, *The Whole Grain Cookbook* celebrates the good eating offered by 20 different whole grains: amaranth, quinoa, corn (maize), wheat, spelt, QK-77, triticale, rye, oats, rice, barley, millet, teff, sorghum, fonio, buckwheat, chickpeas, beans and peas, seeds, and nuts.

Also included is information on how to store whole grain and how to grind your own meal and flour with a home milling machine (as with coffee and pepper, freshly ground grains are more flavorful, and less expensive, than store-bought). Appetizing, informative, and uncomplicated, this is a resource you'll return to again and again.

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