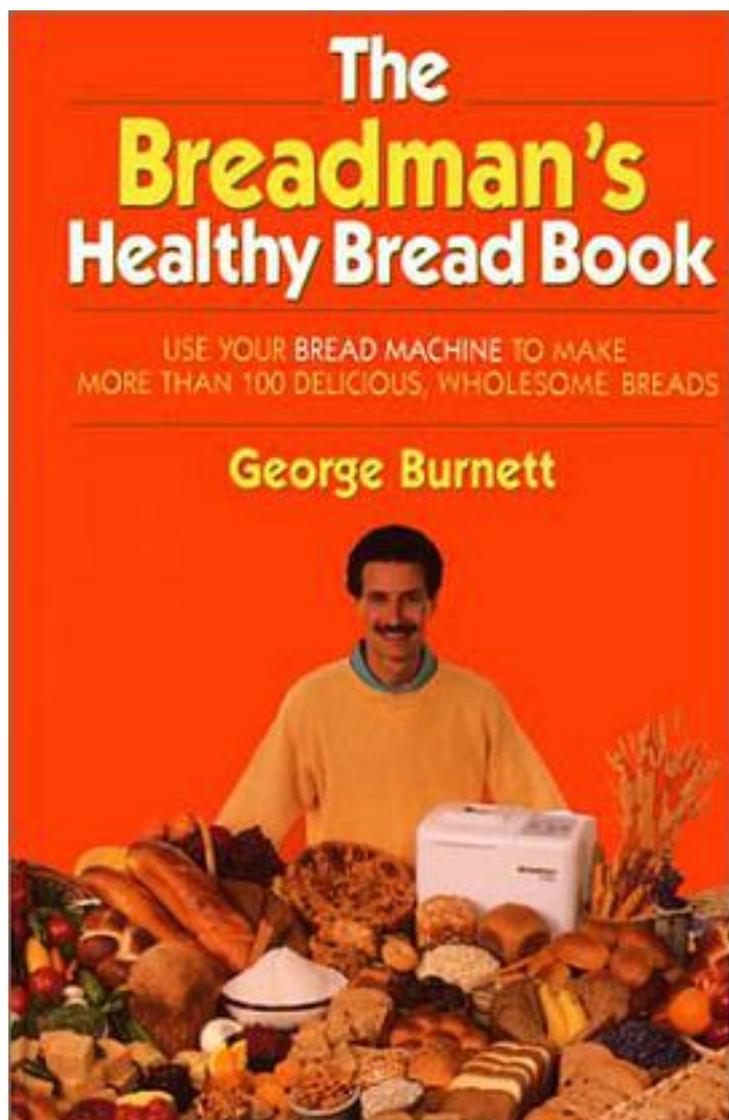


Breadman's Healthy Bread



[Breadman's Healthy Bread_下载链接1](#)

著者:Burnett, George

出版者:Harpercollins

出版时间:1992-11

装帧:HRD

isbn:9780688120252

For Every Electric Bread Machine--Foolproof Recipes For Wholesome, Naturally Delicious, Healthful Breads Until now, bread machine cookbooks have been full of recipes that used denatured flours, saturated fats, refined sugar, and artificial flavors. Now, at last, television's famous Breadman shows how you can use his ingeniously simple recipes to turn your bread machine into the source of life-giving, "whole-grain" breads that are sweetened without sugar, have almost no saturated fats, are low in calories--are 100 percent delicious Here are amazing simple bread machine recipes for: Buckwheat Oat BreadHoney, Granola, and Yogurt BreadSourdough Wheat BreadApricot Nut BreadJalapeNo CornbreadWhole-Wheat Pizza DoughBlueberry Lemon BreadAnd much, much more You can lose weight, help lower your cholesterol, benefit from health-giving vitamins and minerals, and add essential fiber to your diet--just by eating the Breadman's scrumptious breakfast breads, hearty sandwich loaves (topped with his special low-calorie spreads), and phenomenal holiday and gift breads.And each recipe is given separately for large and small loaves. No matter what size machine you have, your bread will be perfect.

作者介绍:

目录:

[Breadman's Healthy Bread_ 下载链接1](#)

标签

评论

[Breadman's Healthy Bread_ 下载链接1](#)

书评

[Breadman's Healthy Bread_下载链接1](#)