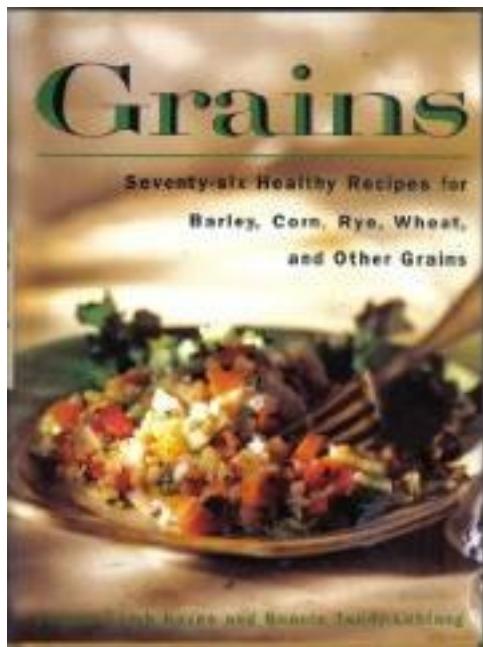


Grains: 76 Healthy Recipes for Barley, Corn, Rye, Wheat and Other Grains



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著者:

出版者:

出版时间:

装帧:

isbn:9780517592045

The authors of Rice and Beans return with their third collection of sumptuous recipes for easy and enjoyable meals. With interesting bits of the history and lore of grains, facts about their role in nutrition, advice on healthful cooking methods, and with the wonderful recipes, Grains is an invaluable book for today's health-conscious cooks.

作者介绍:

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