

The Complete Book of High-Protein Baking



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Now you can eat all those desserts that have ranked high on every dieter's forbidden list: doughnuts, popovers, pancakes, cookies, bagels, danish, muffins...and, of course, all the tasty varieties of bread!

By combining the correct quantities of flour derived from grains, beans and seeds, you can bake foods that will provide all the protein your body needs.

. Martha Ellen Katzs recipes enable you to enjoy delicious baked goods that are loaded with body-building protein nourishment.

作者介绍:

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