Barley Is Better: 160 Recipes and 100 Vegan Alternatives Made with the World s Healthiest Grain (Hardback)

By Rosemary K Newman, C Walter Newman

Newman Associates, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Think barley s only for soup? Think again! From crepes to curry, smoothies to stir fries, chili to chapati, and straight on through bagels, dumplings, pudding, waffles, salads, omelets, and tastes from around the world, this grain can do it all! In this colorful and beginner-friendly recipe book, Rosemary and Walt Newman will show you how to buy barley, handle it, and use it to prepare delicious and healthy food for every meal of the day. Simple instructions and easy-to-use nutritional info make choosing and preparing a meal a pleasure. Drawing on their combined 50 years of experience as PhD barley researchers, Rosemary and Walt also share their knowledge of barley s history, its cultural importance, and its unique nutritional properties that can help you reduce cholesterol, maintain a healthy weight, and prevent diabetes. A great gift for both meat-eaters and vegans, this comprehensive recipe book includes: 160 healthy recipes from cultures around the globe, including main courses, side dishes, salads, soups, breakfasts, breads, and desserts 100 vegan alternatives, individually developed and tested by a vegan nutritionist Easy-to-use nutritional information for all recipes,...

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