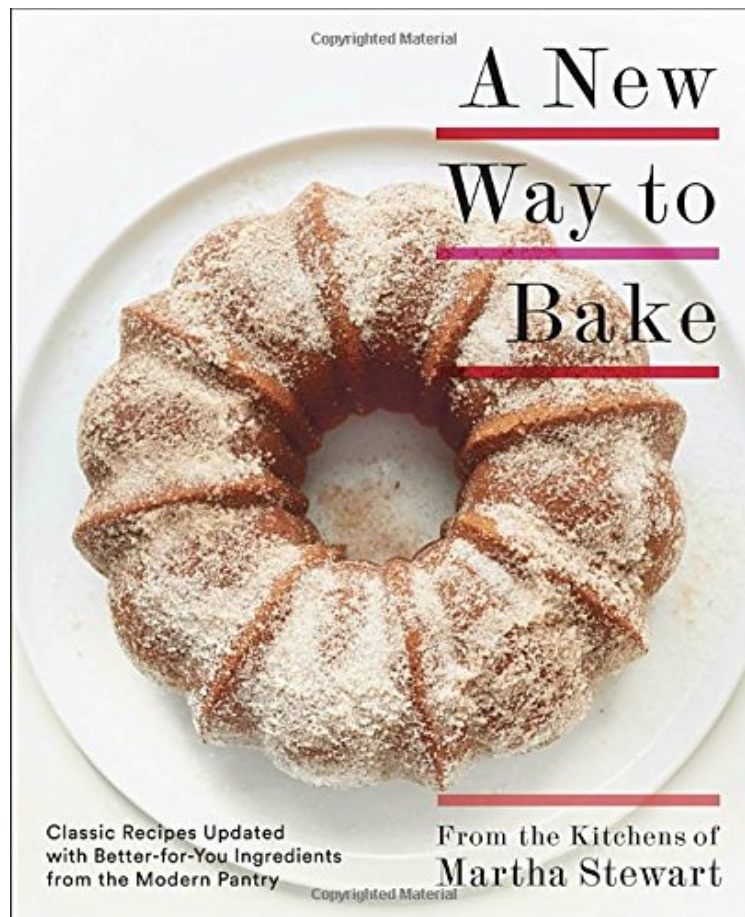


[Read now] A New Way to Bake: Classic Recipes Updated with Better-for-You Ingredients from the Modern Pantry

A New Way to Bake: Classic Recipes Updated with Better-for-You Ingredients from the Modern Pantry

Editors of Martha Stewart Living

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#78691 in Books CLARKSON POTTER 2017-03-28 2017-03-28 Original language: English 9.10 x 1.20 x 7.50l, #File Name: 0307954714320 pages CLARKSON POTTER | File size: 37.Mb

Editors of Martha Stewart Living : A New Way to Bake: Classic Recipes Updated with Better-for-You Ingredients from the Modern Pantry before purchasing it in order to gauge whether or not it would be worth my time, and all praised A New Way to Bake: Classic Recipes Updated with Better-for-You Ingredients from the Modern Pantry:

23 of 23 people found the following review helpful. not great. Although the flours are replaced by healthier ones By nicole landry Book is ok, not great. Although the flours are replaced by healthier ones, most recipes still have such high butter and sugar contents, that they're not all that much healthier. Tried the vegan lemon bar recipe and the crust came out hard as rock and there was way too much crust to topping ratio. 0 of 0 people found the following review helpful. Not so good By R. Harrison I've tried several recipes in the book and, so far, am disappointed with the results. The millet in the apple muffins is gritty - like eating small pebbles. The whole wheat cinnamon roll recipe never rose

properly. I'm all for the premise of the book - to use different grains, reduce sugar, etc. - but it seems that the recipes were never adequately tested. A pity and a waste...0 of 0 people found the following review helpful. Impressed - Information well needed for Nation that is very UnhealthyBy KatebemidjiReally important in today's world as most people do not understand ingredients or the nutritional value. So much trouble today with diabetes, heart disease and obesity which can be helped with clearer information.....I have advanced degrees in foods and nutritionI was impressed

A must-have for every baker, with 130 recipes featuring bold new flavors and ingredients. Here is the go-to cookbook that definitively ushers the baking pantry beyond white flour and sugar to include natural sweeteners, whole-grain flours, and other better-for-you ingredients. The editors at Martha Stewart Living have explored the distinctive flavors and alluring textures of these healthful foods, and this book shares their very best results. A New Way to Bake has 130 foolproof recipes that showcase the many ways these newly accessible ingredients can transform traditional cookies, pies, cakes, breads, and more. Chocolate chip cookies gain greater depth with earthy farro flour, pancakes become protein powerhouses when made with quinoa, and lemon squares get a wonderfully crumbly crust and subtle nutty flavor thanks to coconut oil. Superfoods are right at home in these baked goods; granola has a dose of crunchy chia seeds, and gluten-free brownies have an extra chocolaty punch from cocoa nibs. With a DIY section for making your own nut butter, yogurt, coconut milk, and other basics, and more than 150 photographs, including step-by-step how-to images, A New Way to Bake is the next-generation home-baking bible.

About the Author MARTHA STEWART is America's most trusted lifestyle expert and teacher and the author of more than 80 books on cooking, entertaining, crafts, homekeeping, gardens, weddings, and decorating.