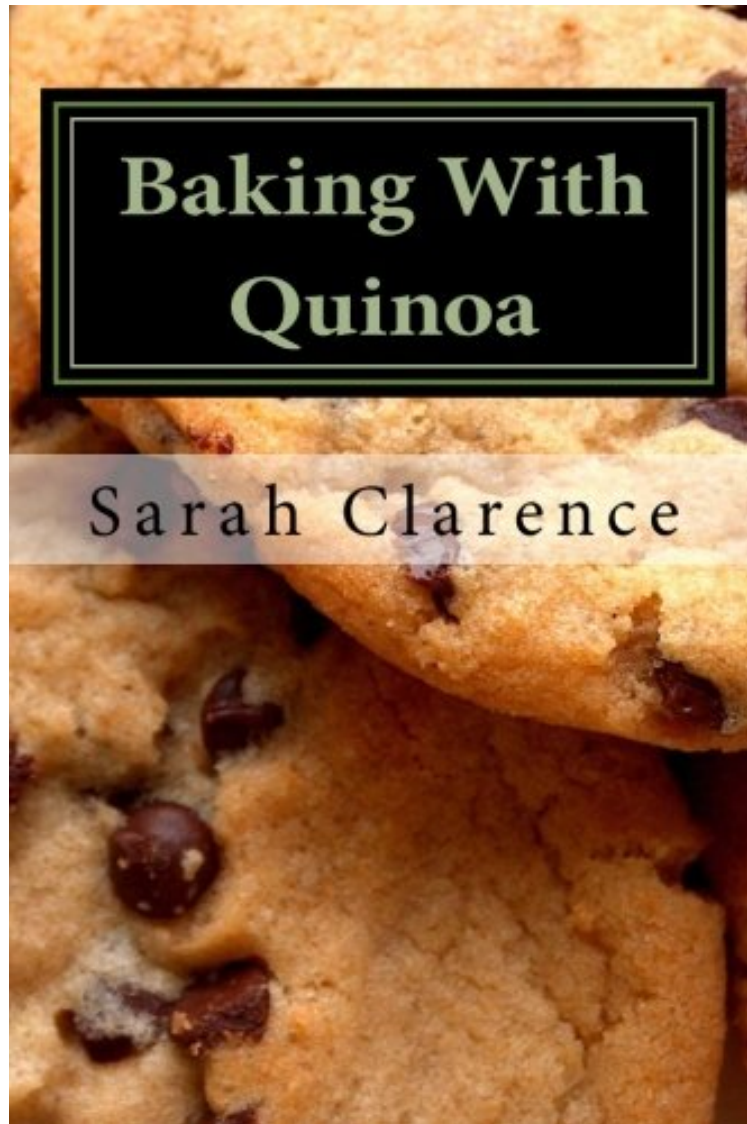


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Baking With Quinoa: Healthier Bread, Muffin, Cookie and Cake Recipes

Sarah Clarence

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Sarah Clarence : Baking With Quinoa: Healthier Bread, Muffin, Cookie and Cake Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Baking With Quinoa: Healthier Bread, Muffin, Cookie and Cake Recipes:

14 of 14 people found the following review helpful. This book contains wheat.By C. AveryI am very disappointed with this book purchase.I was hoping that it would give me new ways to cook with quinoa so that I could expand my

gluten-free repertoire. All but a few of the recipes contain white or whole wheat flour. This collection is geared towards the health conscious person looking to add quinoa to their everyday diet, not those looking to replace wheat with quinoa. It is intended for those wishing to jump on the quinoa fad bandwagon. It is not suitable for those with celiac disease or gluten sensitivity. I cannot comment on the recipes themselves as I am unable to eat them due to my serious gluten intolerance and therefore did not try them. The few that could be made gluten-free did not appeal to me: nutty zucchini bread, quinoa bars, and peanut butter cookies. 9 of 9 people found the following review helpful.

disappointing By JKRI am a fan of quinoa and was looking forward to receiving this book. Alas, all the author has mostly done is add quinoa to otherwise fairly standard recipes to label them more healthful.....still a lot of wheat flour and sugar. Do not buy this if you are looking for recipes using quinoa as a substitute for wheat. The majority of recipes call for a little bit of quinoa or quinoa flour and a larger proportion of wheat flour. I have a problem with the book being touted as healthful, being that this is the case. You would do much better to go online to learn how to cook and store quinoa, or to find recipes using it. 19 of 20 people found the following review helpful. Delicious and Heathy Desserts! By Sandy BI include superfoods in my diet. Blueberries, eggs, cashews, apples, apricots, bananas, blackberries, pine nuts etc. Quinoa is one of the major superfoods. It's a seed that is prepared more like a grain and is packed with protein. It's high in fiber and packed with nutrients. So I have been preparing Quinoa mostly as a grain side dish. Now I can make desserts with it! Sarah Clarence has done great job with this book. She explains the different types of Quinoa, how to prepare it and store it. She also has a book full of YUMMY Quinoa breads and muffins, bars, cookies and cakes. There's a great variety of recipes in this book: Delicious Quinoa muffins, Very Berry muffins, Hearty Quinoa Bread, Tasty Cornbread with Quinoa, Moist Nutty Zucchini Quinoa Bread (a favorite), ChocoCoconut Quinoa Brownies, Nutty Dark Chocolate Bars, Gooey Peanut Butter Quinoa Cookies, Melt in Your Mouth Chocolate Cupcakes, Easy Maple Quinoa Hot Cakes, Spicy Quinoa Cake and many more. This book will allow me to include Quinoa in my diet in a variety of different desserts. Quinoa makes any meal healthier. It's nice to know we can include Quinoa in desserts and make them healthier too! Highly recommended.

Quinoa, often considered a 'powerhouse' of nutrients, can be used to make favorite dishes healthier than ever. While many people use quinoa for vegetable dishes, side dishes and even main dishes, using quinoa in breads, cakes and cookies is often overlooked. Best Selling Author of Quinoa Recipes for Weight Loss, Sarah Clarence has created another recipe book using the fabulous seed quinoa. In her new book Sarah shows how easy it is to create fabulous and more nutritious breads, muffins, cakes, drop cookies, bar cookies and brownies with quinoa seed and quinoa flour.