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Betty Crocker : Betty Crocker Whole Grains before purchasing it in order to gage whether or not it would be worth my time, and all praised Betty Crocker Whole Grains:

0 of 0 people found the following review helpful. Healthy cooking isn't going to be as hard as I thoughtBy Kindle CustomerI want to add whole grains and more fresh items to our dinner menus, so I decided to invest in this cookbook. I looked through it and think that for someone like me, who is not use to eating whole grains, this cookbook is a good investment. The recipes look like even my teenagers will like the new food items I will be putting on our dinner table. I had no idea what to do with things like quinoa, barley, or couscous, but after looking at the recipes I don't think it will be hard to cook with whole grains. I can hardly wait to start cooking .0 of 0 people found the following review helpful. Five StarsBy Robert M.Very good.0 of 0 people found the following review helpful. I'm sure there were some good recipes in this bookBy CBI'm sure there were some good recipes in this book, but for my taste, there were too many recipes that called for boxed cereal, rather than the natural grain. I don't like to buy boxed food if I don't have to!

With this cookbook, the experts at Betty Crocker make it easy for you to include the goodness of whole grains in your family's favorite meals. You'll discover 140 delicious whole grain recipes for every meal of the day, including on-the-go snacks, convenient slow-cooker recipes, and super-fast 30-minute dishes--plus cooking tips and information on the different kinds of whole grains available, authoritative advice on the health benefits of whole grains, and 50 beautiful

color photos.