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Spilling the Beans: Cooking and Baking with Beans and Grains Everyday

Julie Van Rosendaal, Sue Duncan

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Learning to cook delicious meals using healthy ingredients is a snap in this new cookbook. With humorous anecdotes and current factoids on health, Julie and Sue explain everything from the truth behind beans and flatulence to demystifying the simple process of soaking and cooking dried beans and lentils. At a time when eating foods that are as good for the environment as they are for us is a growing concern, whole, healthy, high-fibre foods such as beans and grains are in high demand. Helpful info from gastroentrologist Dr. Guido Van Rosendaal also highlights the physical benefits of incorporating more legumes and whole grains into our everyday diets. Spilling the Beans covers it all, from how to cook up beans and grains, to how to add healthy fibre to your favourite desserts. An entire section on baking delicious desserts with beans amps up cakes, bars, and cookies with flavour and fiber.

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