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Cooking With Buckwheat Flour -: 20 High Fiber Recipes (Wheat Flour Alternatives Book 4)



Synopsis

Cooking With Buckwheat Flour - 20 high fiber recipes. Buckwheat flour is a highly nutritious ingredient found in bread and bread like foods. While this is actual flour, it is not actual wheat; therefore, it is completely gluten free. Buckwheat is highly nutritious, high in fiber, protein, vital nutrients such as B vitamins and essential amino acids. People have been cooking with buckwheat flour for centuries; however, the most popular food is pancakes. This recipe book contains 20 recipes all calling for buckwheat flour in the ingredients. You can enjoy cooking with this versatile grain with these recipes. Buckwheat comes in groats, flour, and soda noodles. A sampling of the recipes within this book include: Apple Muffins, Banana Pancakes, Blueberry Corn Cakes, Blueberry Pancakes, Bran Muffins, Buckwheat Bread, Buckwheat Crepes, Buckwheat Pancakes, Buttermilk Pancakes, Chocolate Chip Pancakes, Cinnamon Bread, Date Bread, Eggplant Patties, Granola Scones, Italian Cream Cake, Oat Bread, Oatmeal Pancakes, Pretzels, Spice Cake, and Waffles. Many of the recipes are easily adaptable by adding more ingredients or substituting ingredients. Try them out and see what you can come up with for a recipe. Change the nuts, or add a fruit, or mix and match. Each recipe is easily doubled to make more. Make more and freeze some for later.

Book Information

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Customer Reviews

This is for those who are still using grains (corn, wheat, rice, etc.) & these recipes have added Buckwheat flour which is good for those who want to add buckwheat to their diets. For people like me - only one recipe appears to be what I can use. All the other recipes have the grain flours that I no longer use. I use Nut & Seed Flours only. Also these recipes are NOT for those who must eat Gluten-Free.

Nice recipes! Allows me to raise the amount of buckwheat I eat and decrease the gluten without getting flat, hard loaves like I was getting before (I had the misconception that I could bake without any gluten or wheat flour at all but still have the loaves rise with yeast).

I thought the book would be using buckwheat flour- but it also uses other flours that I do not like using and some of the other ingredients that are used I do not like using either. The recipes look nice but I do not believe that I will be using this book.

purchased this book thinking the recipes would use buckwheat flour only. being on a gluten free diet, i was disappointed when it arrived. they are not gluten free.

This is the first buckwheat recipe book I purchased and it seems to be loaded. Haven't tried the recipes yet.

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