



# Whole Grain Recipes (Original Series)

*Jean Paré*

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## **Whole Grain Recipes (Original Series)** Jean Paré

Get in on the whole grain trend with "Whole Grain Recipes," now available in Original Series format. From amaranth to quinoa, this title helps to unlock the mystery of these nutritious kernels. Featuring creative recipes for everything from appetizers to desserts, you'll be able to easily integrate whole grains into your everyday diet. A helpful grain guide offers assistance with buying, storing and preparing whole grains and will have you cooking up perfect grains every time. It's time to swap out those refined ingredients and fill your diet with healthy whole grains that pack a nutritious punch.

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