



Bob's Red Mill Cookbook: Whole & Healthy Grains for Every Meal of the Day

Miriam Backes

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If cooking healthier meals at home is your new resolution, look no further than Bob's Red Mill's extensive collection of high-quality grains, flours, and other mouth-watering products. *The Bob's Red Mill Cookbook* will help introduce new whole-grain ingredients into all of your daily meals, without a huge investment in pricey, difficult-to-locate, limited products that do more to take up space than change nutrition habits. Whole-wheat flours, brown rice, whole beans, and legumes have become prevalent in supermarkets everywhere, but among the hundreds of products milled at the Bob's Red Mill plant are also blue corn flour, quinoa, amaranth, teff, and all varieties of nuts and seeds, and they can be integrated seamlessly into any diet to delicious effect.

The unique, family-owned mill has been in the business of producing healthy whole-grain products for over 30 years, and they provide here more than 350 recipes for all sorts of everyday meals: morning food, snacks and sides, main courses, soups and stews, and sweets, with plenty of vegetarian and gluten-free dishes. This practical and comprehensive cookbook is an outstanding collection of reliable recipes that reflect the Bob's Red Mill product quality, product diversity, and dedication to healthful eating. Becoming a more inventive cook is a stepping stone to a healthier outlook, incorporating better ingredients for a better life.

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Helen Sullivan:

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Mary Norman:

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