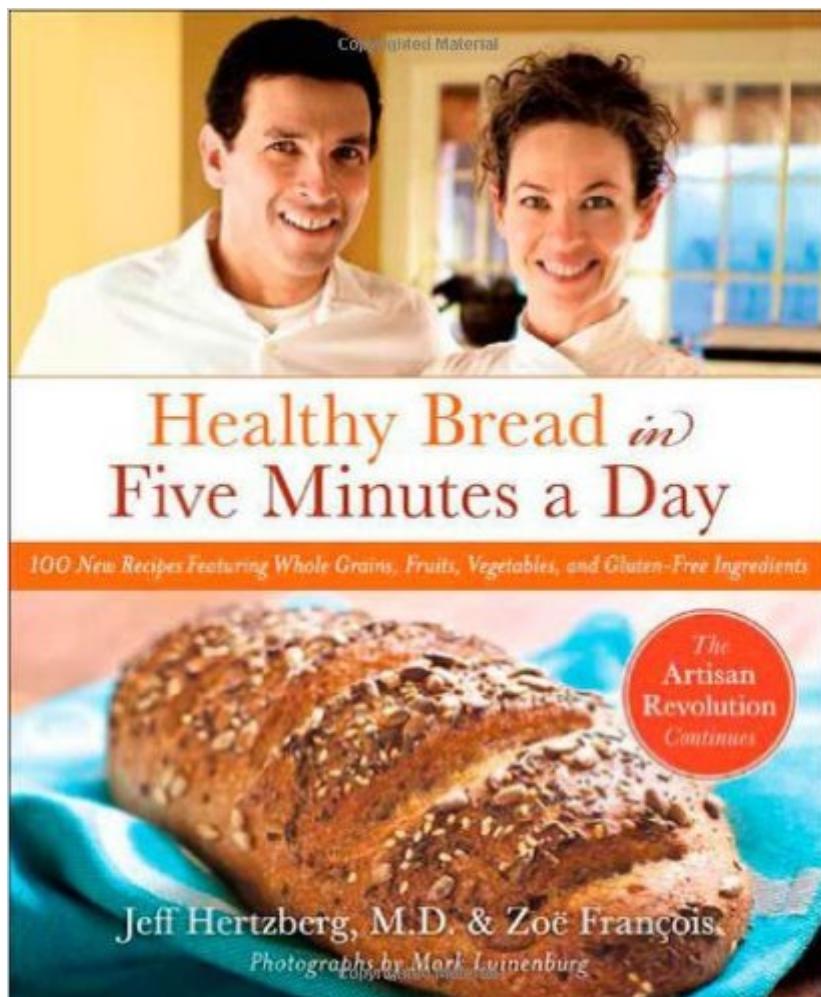


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# Healthy Bread In Five Minutes A Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, And Gluten-Free Ingredients



## Synopsis

With over 100,000 copies in print, Artisan Bread in Five Minutes a Day has proven that people want to bake their own bread provided they can do it easily and quickly. Knowing that people are changing the way they eat and bake because of health concerns or lifestyle choices, the authors took their established method and applied it to breads rich in whole grains, fruits, and vegetables. That is where Healthy Bread in Five Minutes a Day comes in. Health-conscious bread eaters need homemade options more than anyone else. They want delicious bread, but they can't find the healthy ingredients they'd like to use in traditional bakeries, or in traditional recipes. Whether you are looking for more whole grains, whether you're vegan, gluten-free, training for a triathlon, trying to reduce your cholesterol, or just care about what goes into your body, this book delivers. For all who discovered artisan bread through the first book and for health-conscious breadlovers everywhere, this book is a must-have. Includes Recipes for: Whole Grain Pizza with Roasted Red Peppers and Fontina Turkish-Style Pita Bread with Black Sesame Seeds Cherry Tomato Baguette Gluten-Free Rosemary Parmesan Bread Sticks Spicy Chile Whole Grain Snack Crackers Quinoa Bread Pistachio Swirled Brioche

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## Customer Reviews

I have been a fan of Artisan Bread in Five Minutes a Day (ABFM). The main problem with that book is the bread came out so good, I tended to eat too much of it (but loving every minute of it). One of the great things about the technique in ABFD is that the recipes are very forgiving and flexible, and I usually made variations, including using more whole grains. Healthy Bread in Five Minutes a Day will

not only alleviate some of the guilt, it has some really wonderful recipes and ideas using a wide range of whole grains, fruits, vegetables, gluten-free breads and pastries and even some healthy variations on some of the more delicious but not necessarily the healthiest breads from ABFD (such as the 100% whole grain butterfat and yolk free Brioche!). I tried many of the recipes in ABFD and most were very good to excellent, some outstanding. I will, sadly, be putting ABFD on the shelf at least for a while. I really look forward to exploring the healthy recipes in this book. Let's see, if I make a different bread every 4 days, it will only take me about a year to go through the entire book. For those of you who have not tried Artisan Bread, the technique is really as easy as the writers claim, it is virtually foolproof, and you can now have fresh homemade bread at any time with almost no fuss whatsoever. Once you get this book, you will never buy bread from a store again. You can freeze the dough and it tastes just as good thawed. I took some frozen dough on a trip and enjoyed homemade bread far from home. The title "Five Minutes a Day" is based on preparation time.

This review applies specifically to the Gluten Free recipes. Please do not mark as "unhelpful" if you do not use these recipes. You will never go back to those syrupy-tasting, stomach-bomb store-bought loaves! I've tried the Brioche recipe and the Olive Oil Bread recipe (the two main recipes). The Olive Oil bread is by far the best for sandwiches, rolls etc. It has mild flavor and is more like regular bread than anything I've ever tasted. Tastes great with Thyme sprinkled over the top. The Brioche is sweet and will probably work well for the cinnamon rolls and the pastries. I attempted the cinnamon rolls, but the dough stuck horribly to the SILPAT and I scooped it off and just baked it as a loaf. I recommend using some flour to dry out the dough a little (don't knead) and brushing melted butter on the SILPAT and on the waxed paper or plastic wrap you lay on top to roll it out. This has worked for me before with other recipes. The Brioche is flavored with Honey instead of sugar. The Olive Oil bread is flavored with vinegar but does not produce a sour flavor as you might think. Three CONS to the gluten free recipes are: 1. They all call for tapioca flour, sorghum flour, corn starch etc. All STARCH! If you want a truly healthy gluten free bread I recommend Bob's Red Mill All-Purpose Mix which has enough sorghum and tapioca flour to produce the texture needed but is mixed with two kinds of bean flour for protein, vitamins and fiber. I replaced the starches with Bob's Red Mill mix and used brown rice flour as the recipe called for. The result was fantastic! (Even though Bob's Red Mill mix has xantham gum in it, I still used the 2 Tbs. called for in the recipe. If you use Bob's mix know that bean flour comes out darker than starchy flour.

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