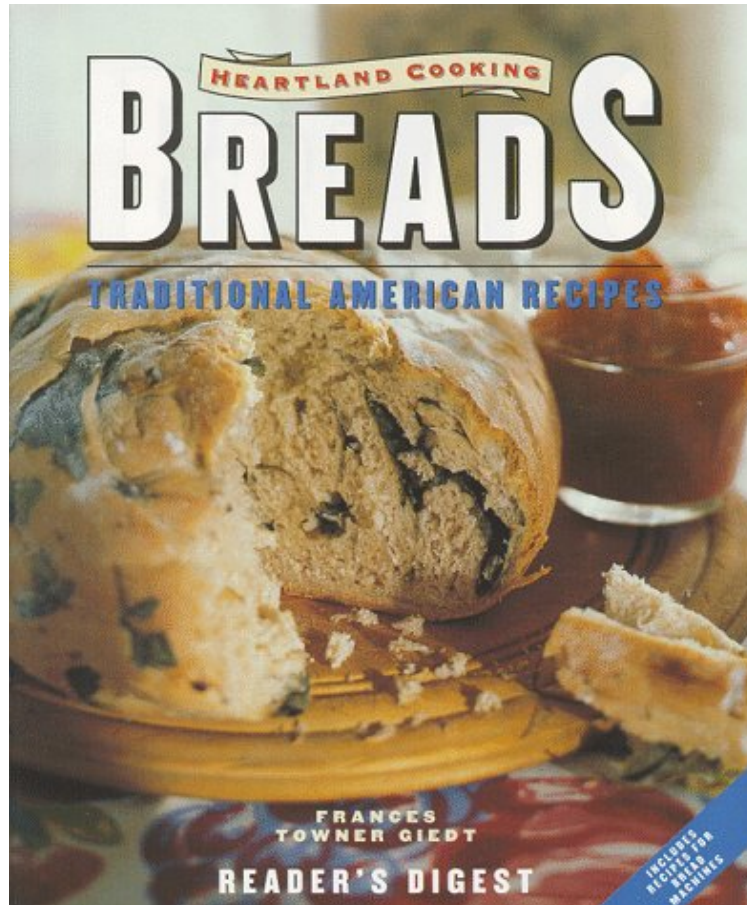


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Heartland cooking: breads

Frances Towner Giedt
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Frances Towner Giedt : Heartland cooking: breads before purchasing it in order to gauge whether or not it would be worth my time, and all praised Heartland cooking: breads:

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One hundred delicious recipes for quick breads and yeast breads, including more than thirty designed for the new bread-making machines, feature such nutritious treats as Fresh Orange Muffins, Herbed Rolls, Honey Wheat bread, and Toasted Pecan Banana Bread.

.com What could be more fitting than an array of mouthwatering recipes for baked goods from the fertile expanse of

land often called America's Breadbasket? In recent years, bread machines and food processors have made it possible for even the beginning cook to create delectable, wholesome breads. This beautifully illustrated volume offers recipes for such robust traditional American treats as Cheddar Cheese Drop Biscuits, Walnut-Fig Bread, Old-Fashioned Oatmeal Bread, Poppy Seed Braid, and Fresh Blueberry Coffee Cake. Chapters on treats that can be made using bread machines provide the easy steps to creating such delights as Garlic Parmesan Bread, Pizza Dough, and Yeasted Corn Bread. There is also a section on using the bountiful herbs and fruits of the heartland to create unique butters, spreads, and jams. A nutritional analysis accompanies each recipe and there are time-saving suggestions and serving ideas as well as interesting notes on the origins of some of the food and techniques. --Nancy Starr

About the Author
Frances Towner Giedt is the veteran writer of many health cookbooks, written between 1970, when she first adopted a low-carbohydrate lifestyle, and today. She holds a degree in Foods and Nutrition, with graduate work in Dietetics, and a second degree in Journalism.