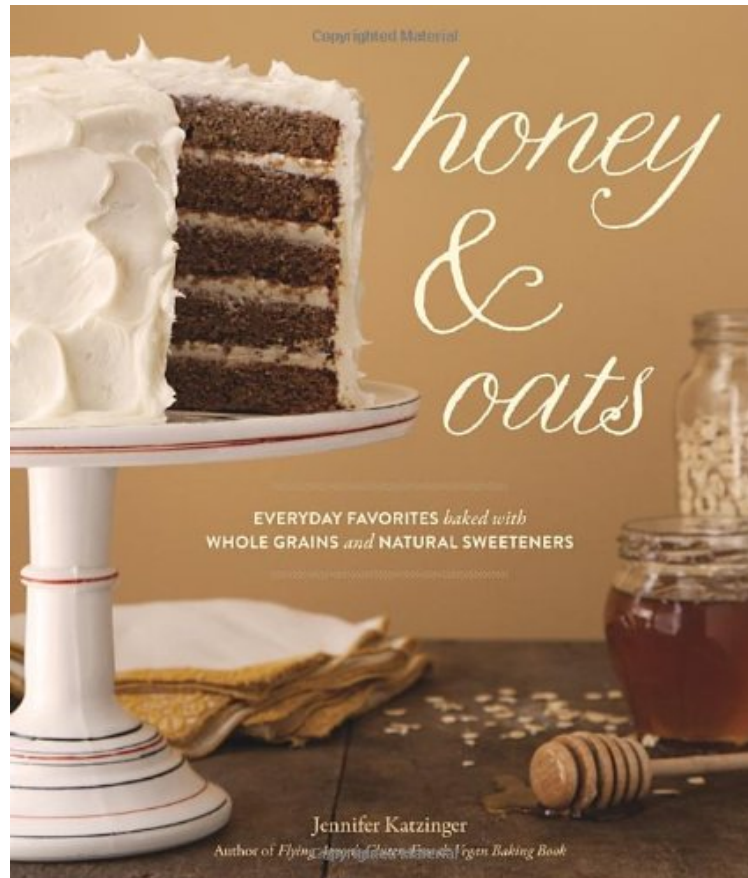


Honey Oats: Everyday Favorites Baked with Whole Grains and Natural Sweeteners

Jennifer Katzinger

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Honey Oats: Everyday Favorites Baked with Whole Grains and Natural Sweeteners:

5 of 5 people found the following review helpful. Great cookbook for baking with whole grains and natural sweeteners. By avid reader This is a fabulous cookbook for a wide range of recipes that use healthy sugar alternatives and healthier grains. I searched far and wide for it. Most of the others that I found actually only had a few recipes that used honey and the others were fairly typical recipes using sugar. I do a lot of baking and now that I have a granddaughter who has diet restrictions I was thrilled to find this beautiful book with lots and lots of great recipes. The Recipes use either honey, maple syrup, coconut palm sugar or sucanet. Many of these recipes do use milk and most use butter and or eggs, but in some cases she provides vegan alternatives. So far I have only made a couple of the recipes but they turned out really well , with great taste and texture and eye appeal. 14 of 15 people found the following review helpful. Great book with really flavorful recipes for baked good! By Kathy This is a great book featuring many

recipes that use spelt (whole and light), barley, teff, buckwheat, oats, kamut, and einkorn. So far, I have made the Strawberry Oat Scones, Blueberry Cinnamon Scones, and Buttermilk Biscuits. They're all delicious!! In fact, the biscuits are really fabulous. I've made them with kamut (per the recipe) and I have experimented with a 50/50 blend of kamut and light spelt. They are great and have so much flavor. With respect to the sweeteners, recipes call for maple syrup, honey, coconut palm sugar, and Sucanat. No white sugar is used in any of the recipes. Now, I personally don't believe these natural unrefined sweeteners are necessarily healthier; however, they do add interesting flavors and some recipes may actually use less sweeteners than conventional recipes. In summary, I'm looking forward to baking my way through this book. 0 of 0 people found the following review helpful. Looks great! By paperandi Haven't bake anything from it yet, but will soon! Once I do- I will update this review. For those who have trouble finding the flours- I find most of the flours in the gluten-free, organic side of the store/aisle, if - you can always purchase them online... "Bob's Red Mill" brand carries pretty much all of the flours that she uses in the book.

Learn how to bake delicious treats with whole grains and low-sugar alternatives in this baking book filled with 75 recipes for light, moist, and flavorful cakes, pies, scones, cookies, muffins, bars, and breads. Proving that baking with healthy ingredients doesn't have to mean sacrificing flavor or texture, author Jennifer Katzinger created these classic baked-good recipes replacing sugar with honey, coconut palm sugar, maple syrup, and Sucanat; she uses oats and whole grains, such as teff, kamut, spelt, buckwheat, einkorn, barley, and whole-wheat flour to make delicious and more nutritious baked treats. For those who aren't quite ready to go all the way, this book also provides recipe adaptations that incorporate some whole grains into their favorite baked goods. Katzinger also includes some gluten-free options.

This work focuses on whole and ancient grains, including such familiar types as whole wheat and oats and the less familiar einkorn, spelt, kamut, and teff, as well as unrefined natural sweeteners such as honey, maple syrup, coconut palm sugar, and shysucanat. Katzingers dishes lean toward traditional favorites, such as apple pie, triple-layer chocolate sour cream cake, snickerdoodles, buttermilk biscuits, and pumpkin bread. While each recipe has been specifically developed to suit a particular grain and sweetener, adding a whole new level of complex flavor to a classic, all the recipes offer options for flour substitutions. VERDICT: Interest in whole grains and unrefined sugars continues to grow at a remarkable rate. While not every recipe in Katzingers latest title is vegan and gluten-free, home bakers who are interested in branching out beyond white sugar and flour will find plenty of healthier alternatives to satisfy their sweet tooth. Library Journal. . . if you are excited about the way that whole grain flours change the flavor of a recipe, you should get excited about this cookbook for the way that natural sugars can do the very same. Thersos much good here. A Sweet Spoonful There are good, solid health reasons to start moving away from white flour and refined white sugar, but Jennifer Katzinger makes it very clear innbsp;Honey Oatsnbsp;that health isn't the only reason to start cooking with ingredients like buckwheat flour, teff flour, and maple syrup. Not by a long shot! These ingredients also take our favorite baked goods and actually make them better mdash; biscuits actually taste sweeter with kamut flour; a carrot cake made with maple syrup tastes richer. The Kitchn A helpful ingredients section provides a brief description of the flours and grains, including substitutions for the more obscure (like einkorn or Kamut) as well as health benefits of sweeteners like honey, maple syrup, coconut-palm sugar and Sucanat. . nbsp;Healthy bakers of all stripes will find something to love in Honey Oats. Shelf Awareness Filled with beautiful photographs on matte pages, nbsp;Honey Oatsnbsp;offers 75 friendly recipes for home bakers trying to incorporate healthy alternatives into their sweet and savory baked goods. nbsp;Rose City Reader Honey Oats: Everyday Favorites Baked with Whole Grains and Natural Sweetenersnbsp;is a cookbook that showcases lower sugar baked goods that are made with whole grains and sweeteners that include honey, maple syrup and coconut sugar for desserts that are just as tasty as their classic counterparts and shouldnt make you feel guilty even if you do end up having that second slice. Baking Bites. . . a wonderful cookbook filled with dessert recipes with a twist: all the refined flours and sugars that I normally use without abandon have been replaced with healthy whole grains and natural sweeteners. Hummingbird High If you like to bake with whole grains and less refined sweeteners, you will love this book. nbsp;Food in Jarsnbsp;One might think nutritious baked treats lack flavor and texture, not in this authors hands. Maple syrup sweetened carrot cake with einkorn flour and vanilla maple frosting is a worthy afternoon treat and the Barley Walnut Boule is a sandwich staple. A few other recipe to try include Granola Bars (gluten-free or vegan variation), Animal Cookies (vegan), and Strawberry and Macadamia Nut Crisp. The photographs and recipes are equally lovely and approachable, for kids (especially my five year-old) and adults alike. Art Lemonsnbsp;About the Author JENNIFER KATZINGER is the founder of the popular Seattle gluten-free and vegan Flying Apron Bakery (FlyingApron.com). She is the author of several cookbooks, including Flying Aprons Glens Gluten-Free Vegan Baking Book, and Gluten-Free and Vegan Pie. She lives in Seattle.