

Baking with Beans: Make Breads, Pizzas, Pies, and Cakes with Gut-Healthy Legumes Epub Book

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44 Nutritious and Delicious Recipes Using Beans, Peas, and Lentils Beans high in protein, fiber-rich, and full of minerals are one of the healthiest foods around. But did you know that baking with beans improves their nutritive values? Now, you can learn to bake with beans to make delicious, gut-healthy, and vegan breads and desserts that are jam-packed with nutrition and unique flavors. Along with peas, lentils, chickpeas, and more, Baking with Beans showcases the healthy legume as the main star in a variety of baked goods. Whip up fresh nutty breads, delightful plant-based cakes and cookies, and creative pies and pizzas, as well as thirty-three gluten-free options. Learn to make Walnut Bread with Green Lentils Focaccia with Rosemary and Olives Braided Bread with Pistachio Pesto Carrot Rolls with Pumpkin Seeds Blueberry Bars with Cinnamon and Cardamom Chocolate Balls with Banana Chips Saffron Cake with Figs Coconut Lime Muffins Kidney Bean Brownies Black Bean Chocolate Chili Cookies And More! Add healthy fibers to your breads and desserts and invest in your health with beans!

tags:

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Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -