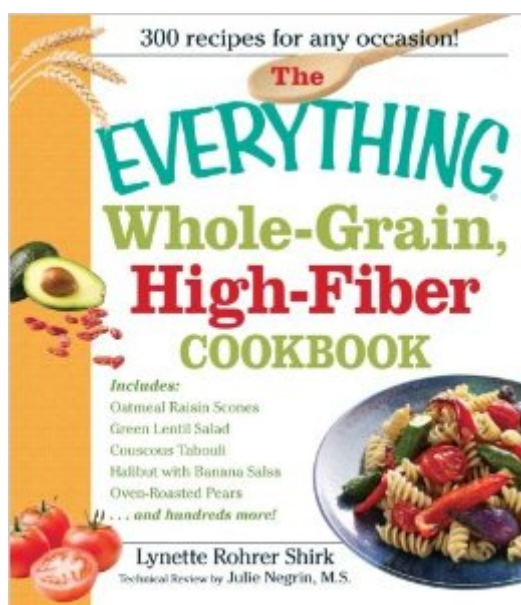


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# The Everything Whole Grain, High Fiber Cookbook: Delicious, Heart-healthy Snacks And Meals The Whole Family Will Love



## Synopsis

Written by a professionally trained chef, this book tells readers everything they need to know about improving their health by eating foods that are high in fibre and rich in whole grains.

## Book Information

Series: Everything's®

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Average Customer Review: 4.2 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #924,544 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Nutrition > Fiber #196 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #328 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

I bought this book looking for a healthy, high fiber cookbook. There are a lot of recipes that have an alarming amount of fat! Chicken Salad Bake: 74.3 grams of fat and almost 1,000 calories per serving! I think the fat and calories would offset the benefit of the fiber!!

Finally a healthy cookbook with recipes that actually taste good! I am sick of bland cardboard muffins and cookies. This cookbook uses whole grains and tons of veggies and fruits to create flavorful foods that everyone can enjoy. My top pick (so far) is the Cabbage and Chicken Salad with Peanut Dressing. WOW! Full of flavor!

I bought this book recently and love it! As the mother of three kids, I find that the recipes are just right--it's not crazy low-fat which wouldn't be good for the kids, but it's healthy enough for me and my husband who want to lose a little poundage. And, dare I say it aloud, but since we've been cooking from it I think I even dropped a pound or two, and I haven't felt hungry!

This is a good cookbook. To be honest, I am now finding so much on the internet that I am a little

sorry that I purchased this book. If you are looking for recipes high in fiber, this is a great start.

I was shocked when I started going through this book. Some of the recipes don't even have a full 1 gram of fiber, and the fat content on a lot of them is insanely high. Plus, some of the 300 recipes include how to boil vegetables. Uh, thanks. How this publisher put this book into the market in good conscience is beyond me. If you're thinking of buying this book, for the sake of your health, you're better off just setting the \$8.61 you would pay on fire. I can only pray I still have my receipt.

This cookbook is chock-full of delicious recipes with easy to follow directions and crowd-pleasing results. The dessert section is scrumptious and filled with fruits. This has become an instant classic in my cookbook library. ENJOY!

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