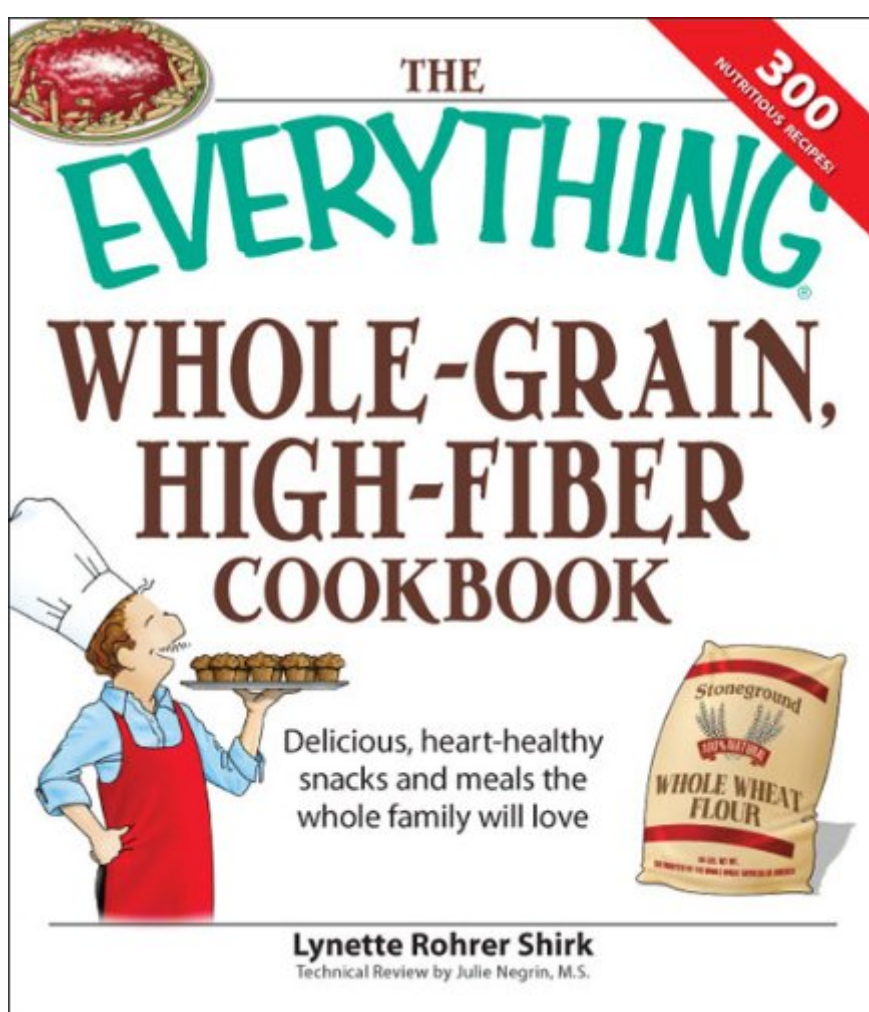


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# The Everything Whole Grain, High Fiber Cookbook: Delicious, Heart-healthy Snacks And Meals The Whole Family Will Love (Everything®)



## Synopsis

Start reaping the benefits of a whole-grain, high-fiber diet! The Everything Whole-Grain, High-Fiber Cookbook is your ultimate one-stop resource for making sure you and your family gets all the yummy whole grains and healthy high fiber you need! You'll enjoy eating healthy like never before with inventive, tasty dishes like: Banana-Nut Stuffed French Toast; Shallot Walnut Herb Bread; Lasagna Florentine; Walnut Tarragon Chicken Salad on Raisin Foccacia; Cranberry Relish; Cashew Egg Salad Sandwich; Pumpkin Soup. Featuring 300 fabulous recipes, this is the only cookbook you need to incorporate high-flavor, high-fiber foods into every meal and snack. Easy-to-read dietary information for each recipe will help you make sure you meet all your nutritional needs. This indispensable cookbook is full of simple tips to add fiber to your life. Eating whole grains is a key step toward a healthier, happier you!

## Book Information

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## 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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