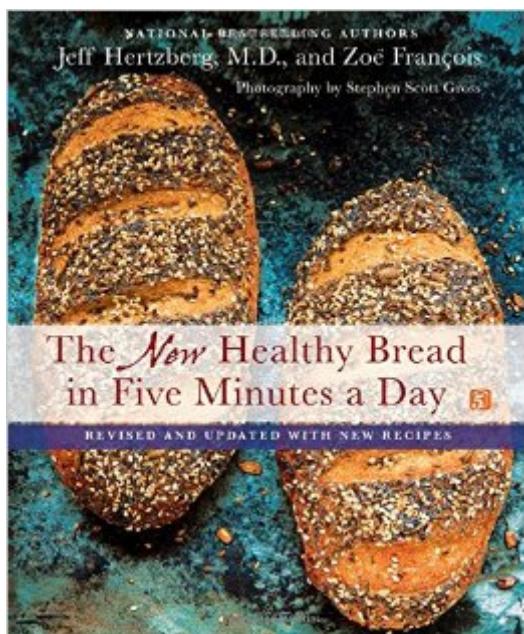


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The New Healthy Bread In Five Minutes A Day: Revised And Updated With New Recipes



Synopsis

A fully revised and updated edition of the best-selling Healthy Bread in Five Minutes a Day—the quick and easy way to make nutritious whole grain artisan bread.Jeff Hertzberg and Zoë François shocked the baking world when they proved that homemade yeast dough could be stored in the refrigerator to use whenever you need it, and they adapted the method for whole grains in Healthy Bread in Five Minutes a Day (2009). Now, in a long-awaited second edition, they've done it again, with an update that showcases whole grains and heirloom flours like spelt, sprouted wheat, and khorasan. Also new in this edition is a super-fast natural sourdough, weight equivalents for every dough recipe, and intriguing new oils like coconut, avocado, grapeseed, and flaxseed.The New Healthy Bread in Five Minutes a Day has 33 new recipes as well as old favorites, including 100% Whole Wheat Bread, Whole Grain Garlic Knots with Parsley and Olive Oil, Whole Grain Crock Pot Bread, Rosemary Flax Baguette, Cinnamon-Raisin Whole Wheat Bagels, Pumpkin Pie Brioche, Raisin Buns, Challah, Whole Wheat Soft Pretzels, gluten-free breads, and many more. With over a half-million copies in print, the Bread in Five series has spawned a successful website (BreadIn5.com), where the authors answer readers' questions and post new recipes. With Jeff and Zoë's help, you'll be creating healthy breads that rival those of the finest bakeries in the world—with just five minutes a day of active preparation time.

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