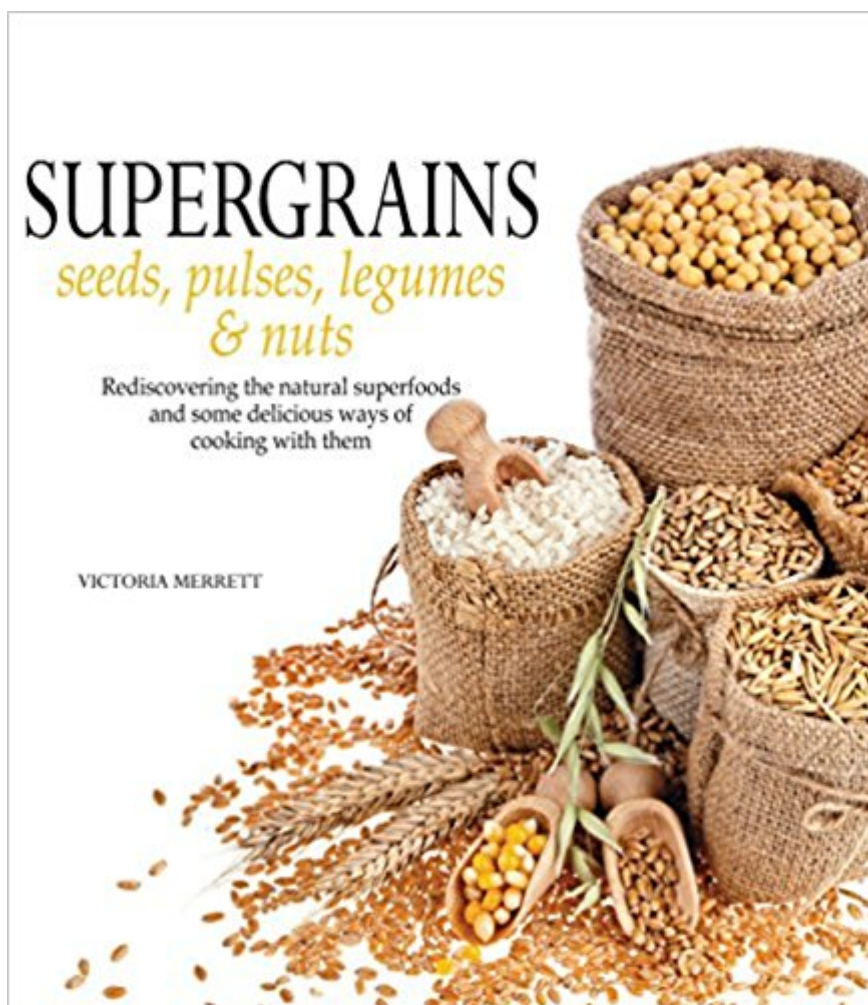


The book was found

# Super Grains: Seeds, Pulses, Legumes & Nuts



## Synopsis

Nature holds many secrets, many of which are still to be revealed, but we have learned a few of them along the way since ancient times, spurred, no doubt, by the need to eat and nourish ourselves. Over the years the benefits of many of the grains and seeds we consume today have escaped our notice. However, today, there is now a resurgence of interest in the very important nutritional values they can hold. There is also a growing trend toward people becoming vegetarians or vegans or simply more health-conscious, which has also led to the the growing popularity of healthier foods. Many of the vitamins, minerals and other nutrients in everyday grains, such as barley and oats to more unusual ones, supply our bodies with life-giving and healing qualities. This is an introduction to grains and seeds down the ages, which have proved themselves useful to mankind and whose beneficial legacy has stayed with us through to modern times. Super Grains & Seeds is a fascinating guide, full of interesting facts and over 100 recipes. `Supergrains' tells you all you need to know about making healthy changes to your diet, while providing interesting and healthy recipes and ideas that may very well change your life for the better.

## Book Information

Flexibound: 256 pages

Publisher: Chartwell Books (June 24, 2015)

Language: English

ISBN-10: 0785832165

ISBN-13: 978-0785832164

Product Dimensions: 7.9 x 0.8 x 8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #798,859 in Books (See Top 100 in Books) #202 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#) #1806 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

Victoria Merrett has lived in the city for most of her adult life. After years of working in publishing she resumed the country life of her childhood. Conservation of our valuable natural heritage of wildlife has always been of great importance to her, and she hopes that Healing Plants will encourage people to look at the plants around them with a fresh and appreciative eye, for many of our most commonly occurring plants have great value to us. She lives in Somerset, England with her

husband and two children.

[Download to continue reading...](#)

Super Grains: Seeds, Pulses, Legumes & Nuts The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses & Pips Conquered the Plant Kingdom and Shaped Human History The Triumph of Seeds: How Grains, Nuts, Kernels, Pulses, and Pips Conquered the Plant Kingdom and Shaped Human History The Vegetarian Flavor Bible: The Essential Guide to Culinary Creativity with Vegetables, Fruits, Grains, Legumes, Nuts, Seeds, and More, Based on the Wisdom of Leading American Chefs How to Grow More Vegetables, Eighth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land Than You ... (And Fruits, Nuts, Berries, Grains,) Minecraft Seeds: Ultimate Minecraft Seeds you must Use: Best Minecraft Seeds Worlds You Must See (Unofficial Minecraft Seeds Guide) 300 Best Rice Cooker Recipes: Also Including Legumes and Whole Grains Ultimate Seeds Handbook for Minecraft: The Best Minecraft Seeds That You Must Know! (Seeds for PC and Mac, Xbox 360, Pocket Edition) Minecraft Seeds: Top 25 Seeds for Minecraft 1.10 - Unofficial Guide Featuring Seeds You Must Try Out For Yourself ( sorted into 5 categories with a bonus gift inside ) - GREAT CHRISTMAS GIFT The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book) How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Super humans, and Super Heroes edition 3: How too Cause Super humans and Super Heroes with Quantum Physics Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Nuts and Berries of New England: Tips And Recipes For Gatherers From Maine To The Adirondacks To Long Island Sound (Nuts and Berries Series) Porridge: Oats + Seeds + Grains + Rice Berries, Nuts, And Seeds (Take Along Guides) The Galaxy Global Eatery Hemp Cookbook: More Than 200 Recipes Using Hemp Oil, Seeds, Nuts, and Flour I Can't Believe It's Not Ice Cream!: 93 most delicious, fast, easy-to-make, smooth, frozen desserts with whole fruit, nuts and seeds, and no added cream ... Healthiest Frozen Desserts Series Book 1) Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)