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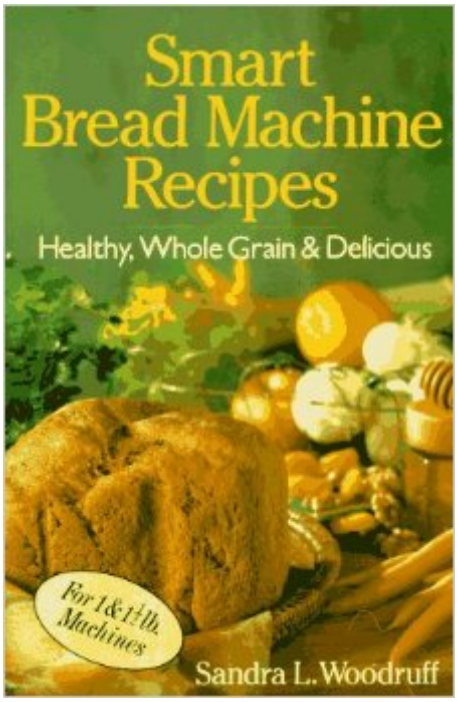
Smart Bread Machine Recipes: Healthy, Whole Grain & Delicious



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Synopsis

Fill the breads you eat with wholesome, fiber-rich, vitamin-packed grains, reduce the fat and the salt, and eliminate refined sugar--all with the push of a button. Over 130 recipes for both 1 and 1 1/2 pound machines introduce a new world of grains, from amaranth and barley to teff and triticale, plus two dozen different kinds of grain. 128 pages, 24 b/w illus., 6 x 9.

Book Information

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Customer Reviews

This book consists of all whole grain bread machine recipes. The first part goes into detail about all the components necessary to create healthy breads/rolls, etc. in the bread machine. All ingredients are described in an easy to read manner. There are recipes using "ordinary" whole wheat flours. Then there are the recipes using the more exotic flours, such as spelt and kamut. While some of these flours are expensive and sometimes hard to find, I have tried many of the recipes and have never been disappointed. I have purchased the book many times for friends and recommend it highly as a means to increase fiber and grains in products that are very tasty and are created from this easy to understand recipe book.

This is a great book for anyone who owns a bread machine and wants to make different types of whole grain breads. I have found many whole grain baking bread books, but none that were specically targeted for the bread machine. This book is made specifically for bread machine bakers, which is great. She explains all the different types of flours, grains, etc. This is very helpful to learn how to make appropriate subsitutions, etc. I really like this book and am looking forward to

consuming a wide variety of whole grain breads!

This book has great recipes for wholegrain breads. If you're looking for recipes that avoid white flour and have healthy wholegrains instead, this is the book for you.For the most part, it is also low sugar, which is why I purchased it. There are a few recipes with honey and molasses, though. My husband has raved about all the breads I've made from this book. It gives recipes for 1 and 1 1/2 pound loaves.

I own a 1-lb. loaf Zojirushi mini-loaf bread machine. Love that thing, but I digress. I also bought 100 lbs. of whole wheat grain and grind it into flour as needed in a Vita-Mix blender using the dry container. This cookbook for the bread machine contains critically important information that is geared towards someone like myself, though not exclusively. I haven't made a bad loaf yet, thanks to what I've learned in this book. This book is everything it's said to be. Though this book isn't very big, every recipe is for a truly nourishing loaf of bread. Many will turn out a little more dense than what you'd buy, but at least not a brick, lol. There are tricks and tips which make bread-machine baking with whole grain flour accessible and easy. You CAN make whole-grain bread in a bread machine with the information contained in this book. I bought it used for a fairly pretty penny, but the information is well worth it.

This is the best bread machine book. I've made a bunch of the recipes and they always turn out really great. I don't even really like whole wheat bread and this makes it much, much better. Nothing like a fresh batch of organic Whole Wheat Veggie Bread. I wish Ms. Woodruff would write a part two for this cookbook. YUM!

I'm not a big fan of whole wheat breads, even though I know they're healthier than their all-white counterparts. But I've been scouring recipes for my new 1 pound Zojirushi and thought I'd give this book a look-through. I had already made a whole-wheat bread from another cookbook, but it dried out too quickly to be able to use for more than a day.The 1st recipe I tried in this book was Applesauce Oat Sandwich Bread because the author recommended it for people who weren't used to whole wheat. It came out light, moist, and delicious, and I quickly realized the value of vital wheat gluten. I also bought lecithin granules at Whole Foods (very expensive) for this recipe which helped condition the dough, with calories and fat far less than oil or butter. Next time I'll buy the Lecithin at for better pricing.The author also provides a lot of other helpful information including, but not limited

to, different types of healthy flours and sweeteners. Although this book may not be the be-all, end-all for everyone, it's certainly worth including in one's arsenal of bread making recipes.

The recipes sometimes call for bread flour, but the book's recipe for whole wheat bread flour works great. There is also a really good section on high altitude baking which applies to my mountain situation. The Kamut French Bread is to die for!

Super informative regarding the best ways to make healthy bread and troubleshooting flopped loaves. The recipes in general are very good, especially the english muffins and crescent rolls. Both have gained serious popularity with my extended family! It's so wonderful to get such a delicious taste and texture from a healthy, whole grain recipe. Only one flop so far, but it could have been me!

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