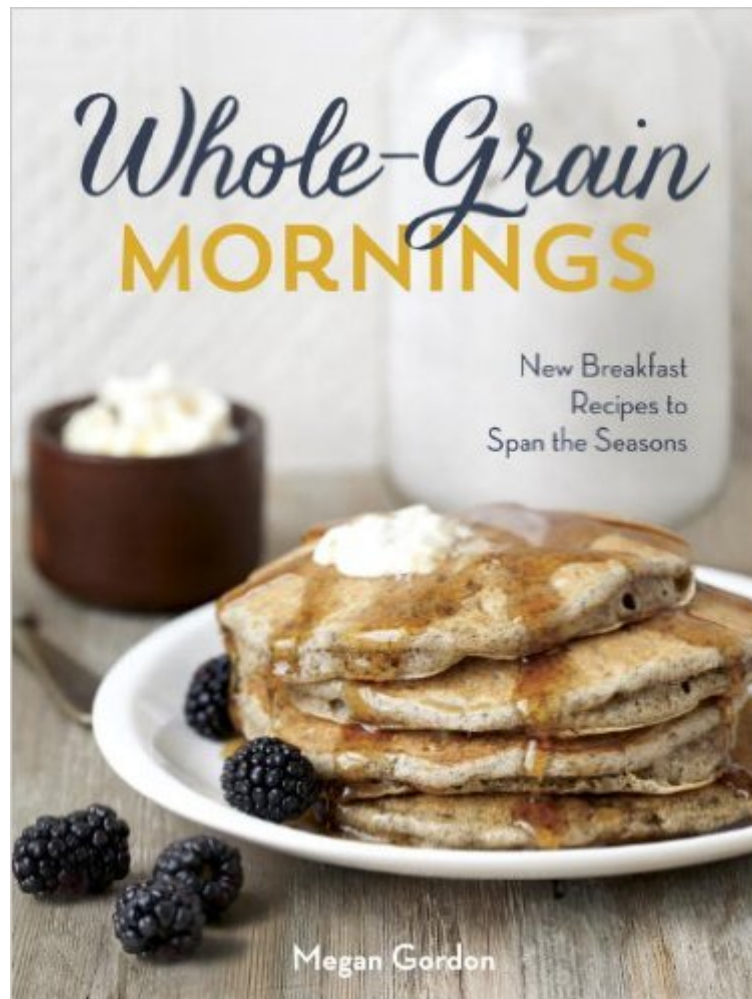


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Whole-Grain Mornings: New Breakfast Recipes To Span The Seasons



Synopsis

A seasonal collection of enticing, comforting recipes for sweet and savory whole-grain breakfasts including granola, warm porridges, muffins, savory tarts and eggs -- as well as seasonal toppings and accompaniments like homemade yogurt and almond milk, all from the writer of the popular blog A Sweet Spoonful. A beautiful guide to morning meals, Whole-Grain Mornings offers sixty-five sweet and savory recipes for wholesome whole-grain breakfasts. Whether you're cooking for busy weekdays, slow Sundays, or celebratory brunches, this charming cookbook will inspire you to look beyond the average bowl of cereal toward healthy and delicious ways to incorporate whole grains like amaranth, farro, and barley into your morning meals. Seasonally organized recipes feature favorite one-bowl breakfast fare like Apricot Pistachio Granola and Triple-Coconut Quinoa Porridge alongside more unconventional options like Saucy Tomato Poached Eggs with Kale and Wheat Berries and Nutty Millet Breakfast Cookies. With information on timesaving alternatives as well as a guide to the most commonly used whole grains and sprinkled with abundant food and lifestyle photography throughout this cookbook guarantees the most important meal of the day will also become your favorite.

Book Information

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Customer Reviews

I have the author's Homemade Yogurt setting on my dryer and Apricot Pistachio Granola baking in my oven as I type this. Oh my, where do I begin? This is one of the few cookbooks in my vast collection to which I shall find myself turning season after season - and for good reason; The author

has wisely organized her delightful healthy fare by season, which makes so much sense. My tastes change seasonally, opting for lighter, fruitier, cooler things in the warmer days and leaning toward the heavier, fuel-the-gut fare in the cold of winter. So far I have tried the Homemade Yogurt; Dried Cherry, Almond, and Flax Meusli; Apricot Pistachio Granola; Hasty Pudding with Golden Raisins and Pepitas; Quinoa Crunch; and the Nutty Millet Breakfast Cookies. I wanted to wait until I tried the Whole Grain Pancake Mix to write this review, but I can wait no longer. I'm busting at the seams with love for this book. She even includes a Quick Homemade Za'atar recipe! Be still my heart! The Za'atar I purchased from the Middle East is old enough now that it's probably time to replace it, and now I can make my own! Yippee! I think it's the combination of many factors that makes this book such a winner in my home. First, it's about as healthy as one can get, which is how my cooking and eating has tended to go as the years pass. As close to the earth and grain as I can get the ingredients is how I want to select what goes in my mouth. Of course, the better it tastes, the more I'm (and my family are) likely to eat it. Imagine my delight when, after a few years of trying without great success, I finally found a yogurt recipe that I can make that's better-tasting than store-bought. I'd previously made it from purchased starter (yuck) and also in a crock pot (better, but no real winner there). This method is not only super easy and fast, but works! When I used my homemade vanilla extract for flavoring the results it knocked my hand-knit socks off! Now every day I eat a small bowl of this book's yogurt, topped with Quinoa Crunch (another winner!) and a splash of real maple syrup. Wow. Another delight is the Nutty Millet Breakfast Cookies, which (although I couldn't find millet and substituted amaranth instead) are really a great treat everyday and super healthy. Some ingredients (albeit a very small list) for recipes I was unable to find locally, like the millet grits, barley flakes, and rye flakes, but the author provides a source list at the back so I can order them anytime. I was just impatient so I made a few substitutions instead. Don't let this dissuade you, however, because the vast majority of ingredients for recipes in this book are not overly numerous and are easily found. Many I had on hand already, which is one of the major pluses to this book. For my taste, a good recipe book that I'm going to actually use needs a few basic things: (1) a reasonable number of ingredients to recipes I want to make that are not difficult to find, (2) inviting photography that makes me want to actually try the recipes, if not just eat the book itself, (3) good organization of material, (4) recipes that - when made - actually taste good and like I'd want to make them again, (5) diversity of items, meaning they're not all the same over and over again, and (6) practicality, meaning the ease of preparation and time spent in the kitchen isn't going to consume my day more than I'm going to spend consuming the item itself. This book gets five stars on all counts. Oh, and not a necessity, but appreciated certainly is the section titled "Pantry" that gave me

a nice quick easily read summary of whole-grain flours and other things helpful to know about oils and fat, natural sweeteners, spices, etc. Honestly, I could go on and on, as I've been writing this review in my head for weeks every time I'd sit at night and pour over the recipes and photos wondering which I'd venture to try the next day or anytime I'd pull an item out of the refrigerator (like the tasty millet-now-amaranth cookies) to enjoy day after day, but perhaps it's best left to you now to see for yourself. This is one of my favorite cookbooks that's been a long time in coming. I'm just glad it's now gracing my shelves and days. It's going to be one that I'll be thankful to pass along to my daughter (now 11) for the day she's ready to organize her own healthy pantry and kitchen.

I was fortunate enough to attend a class given by Megan 3 weeks ago. We made 4 recipes from the book and all were delicious. I bought her book and have since made 8 other recipes that were equally as good. The farro and zucchini cakes are great as a side dish or main entree for dinner, the pancakes are truly scrumptious, the baked banana and oatmeal a perfect brunch or dessert. The book itself is not only filled with recipes but also provides information on the different grains and a wonderful personal story about Megan. This is the first cookbook that I have read cover to cover and I have already bought 2 more books as gifts.

This book is truly an original. The inventive breakfast recipes are accessible and interesting. The author has a real knack for combining flavors and textures to create both sweet and savory dishes. I love how the introduction is like a 101 course on whole grains. There were so many things I didn't know about them. So far I've made a granola recipe (delish!) and a breakfast bowl. The instructions were easy to follow and the dishes came out perfectly. I definitely recommend this book to people interested in healthy cooking, unique breakfast recipes, and learning new ways to enjoy whole grains. I bought four copies and have given three away as gifts. It is a great gift for cooks and bakers!

I love this cookbook. I've made three of the recipes so far: the gingerbread, the whole-grain pancakes and one of the granolas and everything was delicious. Megan's writing is lovely and the photos are so enticing...you will be tempted to make everything!

Okay, so I haven't made *all* of the recipes in this book yet, mostly because I can't stop making the Nutty Millet Breakfast Cookies over and over and over again, at my daughter's request. But I can say that the Whole-Grain Buttermilk Pancakes are fluffy and light, the Early Morning Porridge in all

of its variations is creamy and delicious, and the instructions to make your own "signature" granola are clear and accurate. I am usually a recipe tinkerer when I get a new book, but I've found that I can trust Megan Gordon's ratios and guidance completely, so I've been following her recipes to the letter. Cherry Hazelnut Quinoa Bars are next on my list! I heartily recommend this book not just to folks who want to incorporate more whole grains into their meals, but to anyone who loves breakfast, period. Now for another breakfast cookie...

I love whole grain and natural foods, especially for breakfast. This book really does the job. I have made the whole grain pancake mix and subsequently the pancakes. They were wonderful! then I made the granola and basically followed the recipe. The only thing I changed was, I added some coconut and toasted chopped almonds. This cookbook is a very nice addition to my kitchen cupboard of cookbooks!!! definitely recommend it to anyone wanting a whole grain start to their day.

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