

Mother Grains Recipes For The Grain Revolution

By Kamut International

Kamut International was founded in 1990 as a small, family-run business. Today, we are the world's leading supplier of organic and non-GMO ancient grains. Our mission is to provide our customers with the highest quality grains available, while also supporting sustainable agriculture practices.

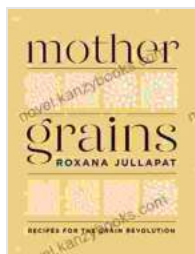
In our book, "Mother Grains Recipes for the Grain Revolution," we share our passion for ancient grains with you. This book is a collection of 100+ recipes that are not only delicious but also incredibly nutritious. We've included recipes for everything from breakfast to dinner, and everything in between.

Whether you're a seasoned baker or a novice cook, you'll find something to love in this book. We've included easy-to-follow instructions and beautiful photographs that will inspire you to create delicious and healthy meals for your family and friends.

Mother Grains are the foundation of a healthy diet. They are packed with nutrients, including fiber, protein, iron, and B vitamins. They are also a good source of antioxidants.

Mother Grains have a lower glycemic index than other grains, which means they release their energy slowly and steadily, helping to keep you feeling full and satisfied. They are also a good source of resistant starch, which has been shown to have a number of health benefits, including reducing the risk of heart disease and type 2 diabetes.

Mother Grains are a versatile ingredient that can be used in a variety of dishes. They can be cooked and served as a side dish, or used in salads, soups, stews, and casseroles. They can also be ground into flour and used to make bread, pasta, and other baked goods.



Mother Grains: Recipes for the Grain Revolution

by Roxana Jullapat

★★★★☆ 4.6 out of 5

Language : English

File size : 238085 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 346 pages

Screen Reader : Supported



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Here are just a few of the recipes you'll find in the book:

- **Breakfast:** Oatmeal with berries and nuts, quinoa porridge, amaranth breakfast bowl
- **Lunch:** Salad with grilled chicken, quinoa, and vegetables, lentil soup, hummus and vegetable sandwich
- **Dinner:** Shepherd's pie with millet crust, vegetable stir-fry with brown rice, salmon with roasted vegetables and quinoa
- **Desserts:** Apple pie with oat flour crust, chocolate chip cookies with whole wheat flour, banana bread with almond flour

Free Download your copy of "Mother Grains Recipes for the Grain Revolution" today and start enjoying the benefits of eating Mother Grains!

Buy now

About the Author

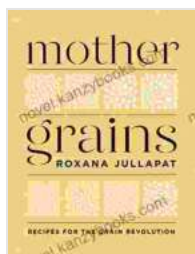
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We are passionate about ancient grains and their health benefits. We believe that everyone should have access to these nutritious and delicious grains. That's why we created our book, "Mother Grains Recipes for the Grain Revolution."

We hope you enjoy this book and that it inspires you to create delicious and healthy meals for your family and friends.

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**#MotherGrains #AncientGrains #GrainRevolution #HealthyEating
#DeliciousRecipes #KamutInternational**



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