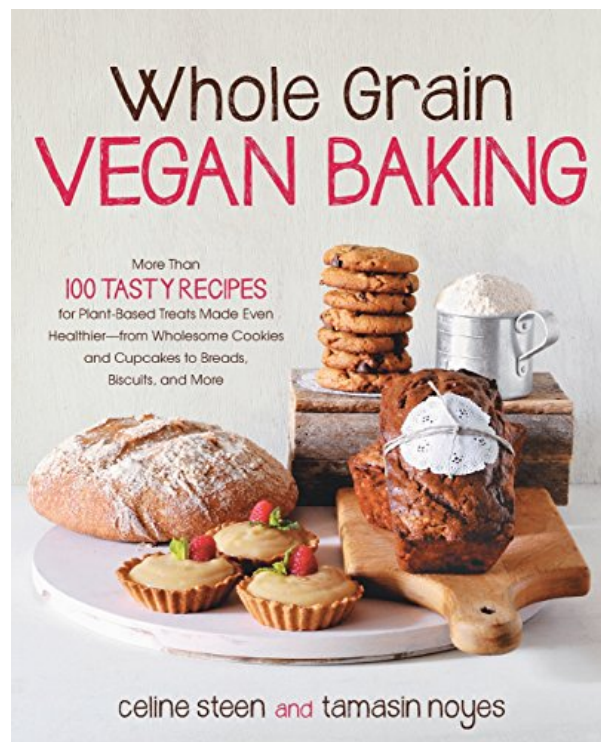
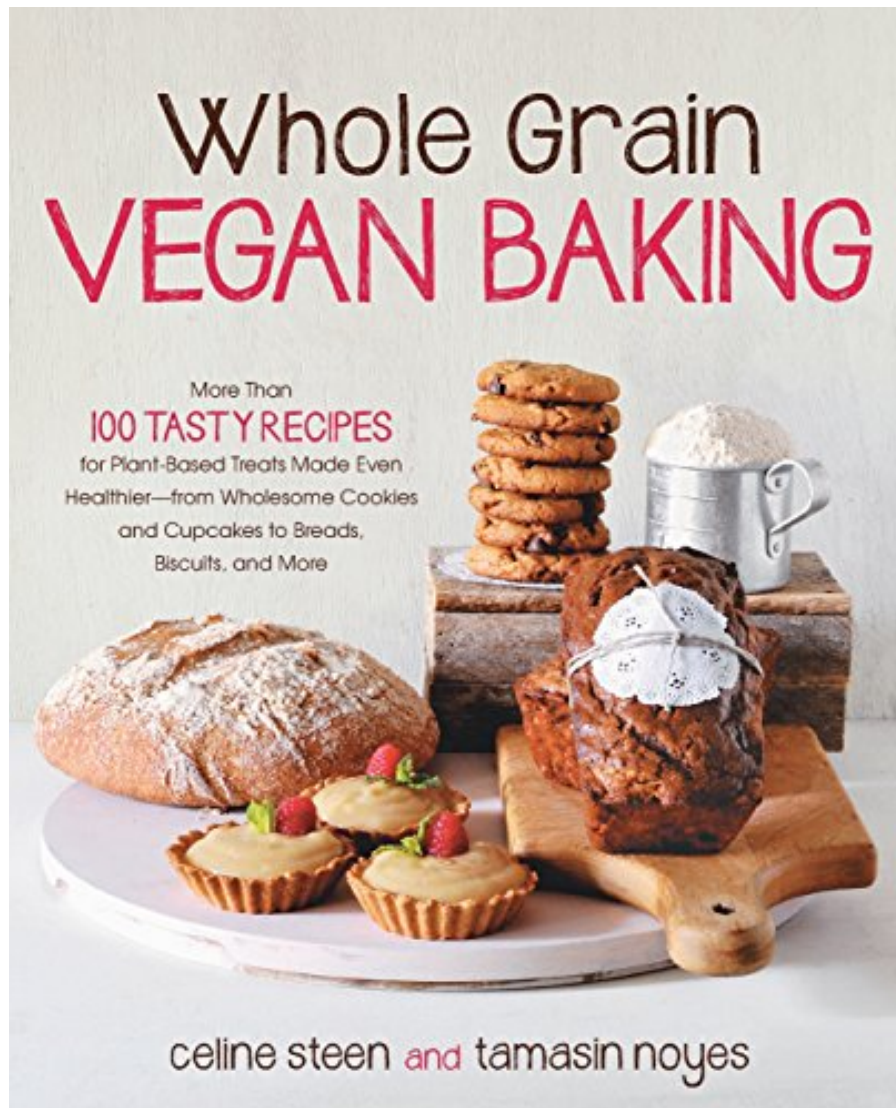


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Review

“Expand your pantry and palate at the same time with truly inspired whole grain creations. Be it sweet or savory, Celine and Tami have a satisfying answer to your every craving. This book will delight eaters and bakers for years to come.” —Hannah Kaminsky, author of *My Sweet Vegan*, *Vegan Desserts*, and *Vegan à la Mode* “This book proves that healthy and delicious are not mutually exclusive terms. Tami and Celine’s welcoming tone makes you feel like they’re right there with you in your kitchen, shouting words of whole-grain encouragement! With lips-smackers like Mini Lime Bundt Cakes, Spicy Cranberry Cornbread, and Kicked-Up Chocolate Cookies, they make ditching the white flour easy and scrumptious.” —Dylnise Balcavage, author of *The Urban Vegan*, *Celebrate Vegan*, and *Pies and Tarts with Heart* “Whole Grain Vegan Baking transcends basic whole wheat flour and makes wholesome treats that shine by introducing a variety of grains and flours in a collection of unique and inspired recipes. Complete with captivating photographs, Tami and Celine’s creations present irresistible solutions to healthful baked goods and desserts, each one splendidly imaginative.” —Kelly Peloza, author of *The Vegan Cookie Connoisseur* and *Cheers to Vegan Sweets!* “Celine and Tami have your back with creative and satisfying recipes that utilize the best grains for the job, so you can feel good about whipping up a batch of Peanut Butter Surprise Cookies regularly.” —Kris Holechek Peters, author of *The 100 Best Vegan Baking Recipes*, *Have Your Cake and Vegan Too*, and *The I Love Trader Joe’s Vegetarian Cookbook*

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Have Your Cake and Feel Good About It Too!

Do whole grain flours intimidate you? Does amaranth flour sound fascinating but perhaps a little too froufrou? Do you love the chocolate cherry scones at your local coffee shop, but feel way too scared to attempt them on your own?

Fears begone! You are now in the safe (albeit floury) hands of Celine Steen and Tamasin Noyes, two vegan ladies who know their way around the oven—and barley and buckwheat flour too. Expect to see not an ounce of white flour, refined white sugar, or powdered egg replacer in this book. Instead, indulge in wholesome breads, muffins, pies, pancakes, and other treats that draw on the nutty depth of flavor and enhanced taste of ingredients like whole grain flours and natural sweeteners.

All you need is a bowl, a spoon, and a little “can-do!” attitude to whip up treats like Caramel Nut Barley Squares, Potato and Walnut Wheat Bread, and Chocolate Raspberry Tart. With more than 100 recipes to choose from, the hardest thing you’ll have to do is pick out what to bake first!

Your taste buds will love you, your friends will adore you, your waist will thank you, and the planet will be singing your praises with Whole Grain Vegan Baking. You’re just a whisk away!

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- 176 pages

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Most helpful customer reviews

73 of 74 people found the following review helpful.

Whole Grains at their best

By Moucky

We all know by now that whole grain flours are recommended over refined ones, though I was worried that switching to whole grain would make it impossible to get the kind of visually pleasing little baked goods and desserts I love to see in my favorite bakeries. But this book makes it possible, and that makes it indispensable.

I love the pictures that show what the final product should look like. The authors made me rediscover flours I wasn't using as much as I should: whole wheat, spelt, oat, buckwheat, barley, millet, and even made me discover a few I had never heard of, like teff.

I have already tried and loved the baked speculoos donuts, the sweet potato waffles, the buckwheat crepes, the onion caraway whole wheat loaf, and the hearty barley fruit bread. The pita breads, pretzels, and bagels were even tastier than those with refined flours I made in the past.

I'm also struck by how refined the desserts can look and taste when using whole grain flours: the chocolate raspberry tart and lemon tartlets really convinced me that there's nothing to fear about whole grain baking. I'm looking forward to trying many more recipes from this book.

50 of 50 people found the following review helpful.

This book should be called "How I Feel in Love with Whole Grain Baking"

By K. Cavalier

I have had my fair share of whole grain baked goods that didn't stack up, enough that I would have said it

was impossible to achieve a soft tender crumb and use whole grain flours but this book convinced me otherwise. Everything I have tried (and it's alot since I was a tester for this book) was better than the last and my family kept saying "I can't believe this is whole grain!". There is a great variety of recipes, sweet and savoury, quick and more labour intensive but all are amazing. My favourites are the Lemon Tartlettes that are pictured on the front and all the variations of curd fillings. The crust is tender and tasty like shortbread and the filling is so tasty I could just eat it with a spoon. The Whole and Oats Cookies are now a family favourite, you can even change up the nut butter or add ins to match what you love most and they always come out amazing. The Whole Wheat Luau Loaf was a big hit with my kid, it's filled with tropical flavours and makes a great snack or even breakfast. Speaking of breakfast, the Banana Berry Breakfast Bake and Bircher Muesli have been made in my house about a hundred times and everytime we all look forward to them. They have become staples around here. The English Muffin Bread was another hit with the whole family. It has all the nooks and crannies you are looking for in an english muffin but it's a sliceable loaf that you can make sandwiches on. The best! The Mango Blackberry Crumble has the best crumble topping and you can make it with fresh or frozen fruit which makes it a handy recipe to have all year round. The Braided Almond Bread has never lasted longer than an afternoon in this house, everyone loves it so much we eat it right away! After making the tortillas from this book, I really wondered why I had been buying them at the store. They are so easy to make and the ingredients are all things you have in your house not like the store bought ones (just check out that label next time). Lastly I will say I am partial to one recipe especially...Kelly's Oatmeal Spelt Cookies. They are breakfast on the go in our house that will fill you up and keep you going with oats, pecans and dried apples. Sooo good! As always, I love the photographs in this book, Celine is incredibly talented and puts so much of her heart into her work that it is impossible not to love them. Every one shows what you are going to create in such a way that you just HAVE to make them right now. I know you won't be disappointed if you pick this book up. Both Celine and Tamasin are so creative and ingenious; they have combined different flours to achieve the perfect textures and tastes. It is worth a small investment in these whole grain flours (check your local health food store or supermarket in bulk to try a few) for both your health and your tastebuds. I promise these are not the whole grain baked goods you've tried before!

27 of 28 people found the following review helpful.

I just can't bake enough!

By Patricia Tolbert

In an effort to quit a serious sugar/white flour addiction, I purchased the book Whole Grain Vegan Baking. OMG! Did I ever choose the perfect cookbook! I, myself, am not a vegan, but have been eating a vegetarian diet for over 36 years. The recipes in this book are fantastic. I am so impressed with the results of every recipe I have tried. Being a professionally trained pastry chef, I do know a thing or two about traditional baking, but am not very knowledgeable about whole grain flours and natural sweeteners. I am so grateful to Celine and Tami for creating these amazing recipes.

I've only had the book for a week and a few days. So far I've made Toasted Garlic and Herb Bread, Coconut Spice Granola, Whole Wheat Peanut Blondies, Spelt and Barley Lemon Cookie Bites and Better with Beans Brownies. Let me tell you, those brownies really are better with beans! Normally, in an effort to get rid of the sweet treats I made in the past, I would bake on the weekend and bring the left overs to work for my co-workers. I'll be honest, I couldn't part with the brownies today. I kept them home for my partner and I to enjoy. With no guilt because these are actually good for us!!!!

So, if you are considering ordering this book, DO IT!!! I promise you will love it.

See all 52 customer reviews...

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