

Crunch Whole Grain Artisan Chips And Ers Low Fat Low Sugar Low Salt Snack Garnish Or Croutons New Easy No Roll Method

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Whole Grain Artisan Chips & Crackers. Authored by Oakland's Alice Friedemann, Crunch! is based on five years of nutritional research and kitchen experimentation, and includes scores of recipes. Where to buy my book 2nd edition, paperback, \$21.95 at amazon.com (*)

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Distinguish yourself with artisan crackers. They're more visually exciting and flavorful than crisp bread. So let's get crackin' and buy whole grain flour, bake some crackers, and feel the sensations of crackle and crunch. Put some snap on your table! Chapter 1 Why Whole Grains? A Baker's Dozen Reasons.

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Crunch! Whole Grain Artisan Chips and Crackers. Low-Fat ...

Alice Friedemann demos how quick and easy it is to make your own crackers using the unique technique and a recipe from her book, "Crunch! Whole Grain Artisan...

Bet you've been waiting all your life for this. Finally a book about crackers! And chips! You know how you can't eat just one? It's true. We're stuffing ourselves with the worst kind of junk food. Stores are chockablock with chips we'd never buy if we knew what was in them. But now you can make healthy chips and not feel guilty about it. Supermarket crackers are not much better. But what if crackers were both crunchy and delicious health food? Then their role in cuisine would be much larger. I use them for appetizers, croutons, bread crumbs, snacks, and a crispy garnish on soups, salads, casseroles, vegetables, ice cream, and more. What can't you add crackers to? Unlike bread, chips and crackers last for months, so I always have them on hand. A serving of homemade chips or crackers costs about a nickel, store bought up to a dollar. My easy method needs no fat, sugar, salt, or rolling out of dough. Grains are alive. They're seeds, so they're full of vitamins, minerals, fiber, and healthy oil for the baby seedling, one of the densest sources of nutrition you can eat. Bread isn't called the staff of life for nothing. Whole grains are delicious. Crackers are a snappy and crunchy way to get more whole grains into your diet. Your kids will love them too. Don't like wheat? No problem, you can use any kind of flour - corn, brown rice, amaranth, quinoa, soy, buckwheat, chickpea, and lentil - your choice. Are you a caterer or chef? Your customers expect better than industrial boxed crackers for appetizers-they're seeking fresh local food. Distinguish yourself with artisan crackers. They're more visually exciting and flavorful than crisp bread. So let's get crackin' and buy whole grain flour, bake some crackers, and feel the sensations of crackle and crunch. Put some snap on your table! 1. Why Whole Grains? A Baker's Dozen Reasons. It's hard to learn new skills, so here are some motivations: delicious, lose weight, fast, easy, low cost, healthy, nutritious, use any flour, emergencies, crunchy garnish, avoid unhealthy white flour, "whole grain" commercial products hard to find (misleading labeling), and hundreds of recipes. 2. Equipment. The essential and optional kitchen equipment and gadgets you'll need. Chances are you've got most of them already. 3. Meet the Grains. Let's get started! Where to buy whole grains and flour. Whole grain mix recipe to add to just about everything, not just crackers and chips. 4. How to Make Crackers & Chips. Step by step instructions with pictures. 5. Add Color. Colorful crackers are more appealing, delicious, and nutritious. 6. Chip and Cracker Baking Secrets. Ingredients with the best flavor, appearance, and nutrition, plus many other tips. 7. Chips. Make delicious corn, lentil, cheese, nutty, high-protein, garlic, wild rice, curry papadam, coffee, split pea and onion chips that are good for you! 8. Savory Crackers. Recipes for potato, pine nut, vegetable, seedy, and spicy crackers. Plus how to make your own mix to get chips and crackers into the oven even faster. 9. Sweet Crackers. For the sweet tooth - chocolate, lemon wafers, graham, root beer, ginger ale, peanut butter banana, and eye candy. 10. Be Your Own Iron Chef. Hundreds of other recipe ideas. Invent your own signature chips and crackers for entertaining, gifts, food contests, and catering. www.wholegrainalice.com As I continue to come up with new cracker, dip, and other whole grain recipes, I post them at my wholegrainalice. I also have a lot of detailed nutritional information there for those of you who want to know more about this topic.

Collects savory and sweet cracker recipes ranging from the classic to crisps inspired by exotic cuisines, and presents ideas for dips, including chicken liver mousse and figgy bourbon conserve.

This collection of 75 recipes for savory puffs, chips, crackers, breads, nuts, veggies and meats puts a fresh, crunchy spin on homemade snacks. Are you ready to take your love of salty snacks to the next level? This collection of seventy-five recipes for veggie chips, cheese straws, toasted nuts, pita chips, herb crackers, savory cookies, and snack mixes puts a fresh, crunchy spin on homemade nibbles. So broaden your horizons beyond microwave popcorn and bagged chips to include inventive snacks like Roasted Chickpeas with Sumac, Coconut Crisps with Basil and Chiles, Salami Chips with Grainy Mustard Dip, Stilton and Walnut Pinwheels, and more. Indeed, with all the excess sodium and hidden preservatives in prepackaged foods, it's smart as well as delicious to make your own savory bites from scratch. Nutritious offerings like Parsnip and Carrot Chips, gluten-free recipes like Cumin Lentil Crackers, and the option to customize the amount of added salt (or alternative spices and sprinklings) will appeal to snackers of every stripe. Perfect for cocktail parties, after-school snack time, or anytime you need a nosh, this collection's easy techniques and exotic flavors are sure to delight anyone with a "salty tooth."

In the vein of Susan Orlean's *The Orchid Thief* and Deborah Feldman's *Unorthodox*, journalist Emily Brady journeys into a secretive subculture--one that marijuana built. *Humboldt: Life on America's Marijuana Frontier* Say the words "Humboldt County" to a stranger and you might receive a knowing grin. The name is infamous, and yet the place, and its inhabitants, have been nearly impenetrable. Until now. *Humboldt* is a narrative exploration of an insular community in Northern California, which for nearly 40 years has existed primarily on the cultivation and sale of marijuana. It's a place where business is done with thick wads of cash and savings are buried in the backyard. In Humboldt County, marijuana supports everything from fire departments to schools, but it comes with a heavy price. As legalization looms, the community stands at a crossroads and its inhabitants are deeply divided on the issue--some want to claim their rightful heritage as master growers and have their livelihood legitimized, others want to continue reaping the inflated profits of the black market. Emily Brady spent a year living with the highly secretive residents of Humboldt County, and her cast of eccentric, intimately drawn characters take us into a fascinating, alternate universe. It's the story of a small town that became dependent on a forbidden plant, and of how everything is changing as marijuana goes mainstream.

2010 IACP Baking Book of the Year With recipes organized by texture! Flaky, gooey, crunchy, crispy, chewy, chunky, melt-in-your-mouth . . . Cookies are easy, enticing, and fun. Yet as the award-winning baker Alice Medrich notes, too often, home cooks cling to the recipe on the bag of chocolate chips, when so much more is possible. "What if cookies reflected our modern culinary sensibility--our spirit of adventure and passion for flavors and even our dietary concerns?" Medrich writes in her introduction to this landmark cookie cookbook, organized by texture, from crunchy to airy to chunky. An inveterate tester and master manipulator of ingredients, she draws on the world's pantry of ingredients for such delicious riffs on the classics as airy meringues studded with cashews and chocolate chunks, palmiers (elephant's ears) made with cardamom and caramel, and rugelach with halvah. Butter and sugar content is slashed and the flavor turned up on everything from ginger snaps to chocolate clouds. From new spins on classic recipes including chocolate-chip cookies and brownies, to delectable 2-point treats for *Weight Watchers*, to cookies to make with kids, this master conjurer of sweets will bring bliss to every dessert table.

In lively and engaging language, this book describes our dependence on freight transport and its vulnerability to diminishing supplies and high prices of oil. Ships, trucks, and trains are the backbone of civilization, hauling the goods that fulfill our every need and desire. Their powerful, highly-efficient diesel combustion engines are exquisitely fine-tuned to burn petroleum-based diesel fuel. These engines and the fuels that fire them have been among the most transformative yet disruptive technologies on the planet. Although this transportation revolution has allowed many of us to fill our homes with global goods even a past emperor would envy, our era of abundance, and the freight transport system in particular, is predicated on the affordability and high energy density of a single fuel, oil. This book explores alternatives to this finite resource including other liquid fuels, truck and locomotive batteries and utility-scale energy storage technology, and various forms of renewable electricity to support electrified transport. Transportation also must adapt to other challenges: Threats from climate change, financial busts, supply-chain failure, and transportation infrastructure decay. Robert Hirsch, who wrote the "Peaking of World Oil Production" report for the U.S. Department of Energy in 2005, said that planning for peak world production must start at least 10, if not 20 years ahead of time. What little planning exists focuses mainly on how to accommodate 30 percent more economic growth while averting climate change, ignoring the possibility that we are at, or near, the end of growth. Taken for granted, the modern transportation system will not endure forever. The time is now to take a realistic and critical look at the choices ahead, and how the future of transportation may unfold.

Many bakers speak of their sourdough starter as if it has a magical life of its own, so it can be intimidating to those new to the sourdough world; fortunately with *Artisan Sourdough Made Simple*, Emilie Raffa removes the fear and proves that baking with sourdough is easy, and can fit into even a working parent's schedule! Any new baker is inevitably hit with question after question. Emilie has the answers. As a professionally trained chef and avid home baker, she uses her experience to guide readers through the science and art of sourdough. With step-by-step master recipe guides, readers learn how to create and care for their own starters, plus they get more than 60 unique recipes to bake a variety of breads that suit their every need. Sample specialty recipes include Roasted Garlic and Rosemary Bread, Golden Sesame Semolina Bread, Blistered Asiago Rolls with Sweet Apples and Rosemary, No-Knead Tomato Basil Focaccia, Make-Ahead Stuffed Spinach and Artichoke Dip Braid and Raspberry Gingersnap Twist. With the continuing popularity of the whole foods movement, home cooks are returning to the ancient practice of bread baking, and sourdough is rising to the forefront. Through fermentation, sourdough bread is easier on digestion--often enough for people who are sensitive to gluten--and healthier. *Artisan Sourdough Made Simple* gives everyone the knowledge and confidence to join the fun, from their first rustic loaf to beyond. This book has 65 recipes and 65 photos.

The acclaimed cookbook author presents a refreshing take on dessert with simple, elegant recipes and delightfully surprising flavor combinations. When you are working with great ingredients, you want to keep it simple and let them shine. In *Pure Dessert*, Alice Medrich offers the simplest of recipes, using the fewest ingredients in the most interesting ways. There are no glazes, fillings, or frostings--just dessert at its purest, most elemental, and most flavorful. An expert adventurer in the kitchen, Alice offers original creations like sesame brittle ice cream, corn-flour tuiles with tangy sea salt and a warming bite of black pepper, and strawberries with single-malt sabayon. She offers inspiring ingredient choices, like using whole grains to bring a lovely nutty quality to cookies and strawberry shortcake; adding a touch of olive oil and sherry to pound cake; making divine soufflés with unexpected cheeses; and infusing ice creams and sherberts with varietal honeys and raw sugars.

The *Ultimate Guide to the Daniel Fast* is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods--such as sugars, processed ingredients, and solid fats--you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Author Kristen Feola explains the

Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that "to fast" means "to feast" on the only thing that truly nourishes?God's powerful Word. For more info, please visit www.ultimatedanielfast.com.

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

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