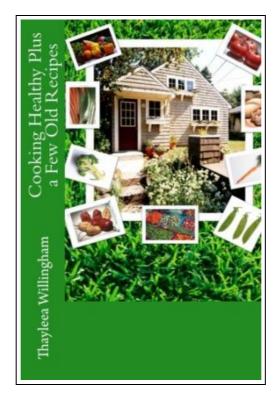
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(Derick Brekke)

COOKING HEALTHY PLUS A FEW OLD RECIPES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.This cookbook is filled with the collection of some of my mother s greatest culinary inventions. Homemade crackers! Do you know anyone who makes homemade crackers? Not just plain old saltines but, rich, hearty, savory crackers made from whole grains, seeds, nuts, natural spices. The kind of crackers we have been guilty of paying \$7.00 - \$10.00 a box for at fancy delicatessens and can be made easily at home for a tiny fraction of the cost. English Muffins! Have you ever had a homemade English Muffin? Melt in your mouth delicious! Homemade pretzels. Seriously! Like nothing you ve ever had before. Delicious! Savory spreads. Yummy healthy breads that are a sandwich in themselves or would make delicious sandwiches, or compliment soups perfectly. The kids of breads that cost \$6.00 - \$7.00 per loaf in the bakery and virtually nothing to make at home. Soups! Yes, delicious homemade soups as well. Italian food! Vegetarian Mexican food! Homemade pies with Thayleea s absolutely impeccable pie crust. Once you eat her pastry you ll never suffer another. None compare. Vegetable crepes. A vegetable pot pie that overflowing with a garden full of goodness. Sweet Breads and muffins Vegetable side dishes! And if that wasn t enough, the author has dedicated a generous amount of space to old fashioned favorites for those of us who don t eat healthy every day or have friends and family that want something more traditional. Recipes offer options for non-vegetarian vegetarian.

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