



# Grain Power: Over 100 Delicious Gluten-free Ancient Grain & Superblend Recipe

*Patricia Green, Carolyn Hemming*

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TRANSFORM YOUR MEALS WITH HEALTHY & DELICIOUS **GLUTEN-FREE** ANCIENT GRAINS

*Grain Power* makes it simple to include a variety of delicious gluten-free ancient grains in your everyday meals. Ancient grains are great tasting and not only ideal for people with food allergies, gluten intolerance and health issues, but also those looking for delicious, nutrient-rich grains for a healthy lifestyle.

Packed with lots of variety and unique, natural flavors, recipes feature the most popular and versatile gluten-free ancient grains available today. It's easy to super-charge *all* your meals with these health-boosting, nutrient-dense superfoods:

- amaranth
- buckwheat
- chia
- kañiwa
- quinoa
- millet
- oats
- sorghum
- teff

*Grain Power* is a complete cookbook featuring everything you need to know about cooking these amazing ancient grains, as well as combining them into unique superblends.

Grain Power features over 100 easy-to-make, delicious recipes like Pumpkin Spice Steel-Cut Oats, Chewy Chocolate Granola with Cherries & Buckwheat, Millet & Quinoa Blueberry Pecan Snack Bars, Smoked Ham and Leek Amaranth Chowder, Thin-Crust Vegetable Pizza with Fresh Basil, and Caramel Apple Buckwheat Crêpes.

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