

The New Whole Grain Cookbook: Terrific Recipes Using Farro, Quinoa, Brown Rice, Barley, And Many Other Delicious And Nutritious Grains By Robin Asbell

By Robin Asbell

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Hungry for inspiration? Robin Asbell's The New Whole Grains Cookbook, published by Chronicle Books, boasts more than 75 recipes (our favourites follow)

<http://www.doctorsreview.com/food/book/new-whole-grains/>

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The Whole Grains Council is a nonprofit consumer advocacy group that helps consumers find whole grain foods and understand their health benefits; helps manufacturers <http://wholegrainscouncil.org/recipes>

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The New Whole Grains Cookbook features more than 75 recipes for farro, quinoa, amaranth, brown rice and other whole grains. <http://www.motherearthliving.com/cooking-methods/cooking-with-whole-grains-the-new-whole-grains-cookbook.aspx>

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