



For the Love of Oats: Delicious Recipes for Healthy Breakfasts, Snacks and Drinks Using Oatmeal

By Amy-Ruth Finegold

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, For the Love of Oats: Delicious Recipes for Healthy Breakfasts, Snacks and Drinks Using Oatmeal, Amy-Ruth Finegold, More than 30 recipes for deliciously oaty breakfasts, superfood snacks, toasted treats and drinks. Whether soaked, baked, toasted or blended, oatmeal possesses some of the most potent health-giving properties; it is packed with vitamins and dietary fibre, and is known to support the immune system. Oatmeal is also a fantastic vehicle for introducing other deliciously healthy foods, from fresh fruit to probiotic yogurt and antioxidant-rich chocolate to honey. With chapters on Oatmeal & Porridge, Muesli & Granola, Bars & Cookies, Muffins & Cakes and Drinks and recipes that really get the tastebuds working, you'll be spoilt for choice. From super healthy Quinoa Oatmeal to Pumpkin Spice Porridge, Bircher Berries and No-bake Maple Clusters, these oaty breakfasts pack the perfect punch. For energy-boosting snacks and treats, try Ginger Cashew Bars and Classic Chocolate Chip Cookies. And, if you still haven't had your fill of oats, try the moreish Blueberry or Peanut Butter Oat Smoothies.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS