



Honey & Oats: Everyday Favorites Baked with Whole Grains and Natural Sweeteners

Jennifer Katzinger

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This whole grain, low-sugar baking book is filled with 75 recipes for light, moist, and flavorful cakes, pies, scones, cookies, muffins, bars, and breads proves that baking with healthy ingredients doesn't have to mean sacrificing flavor or texture. Author Jennifer Katzinger created these classic baked-good recipes replacing sugar with honey, coconut palm sugar, maple syrup, and Sucanat; she uses oats and whole grains, such as teff, kamut, spelt, buckwheat, einkorn, barley, and whole-wheat flour to make delicious and more nutritious baked treats. For those who aren't quite ready to go "all the way," this book also provides recipe adaptations that incorporate some whole grains into their favorite baked goods. Katzinger also includes some gluten-free options.

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