



The New Healthy Bread in Five Minutes a Day: Revised and Updated with New Recipes

Jeff Hertzberg M.D., Zoë François

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A fully revised and updated edition of the best-selling *Healthy Bread in Five Minutes a Day*—the quick and easy way to make nutritious whole grain artisan bread.

Jeff Hertzberg and Zoë François shocked the baking world when they proved that homemade yeast dough could be stored in the refrigerator to use whenever you need it, and they adapted the method for whole grains in *Healthy Bread in Five Minutes a Day* (2009). Now, in an updated second edition, they've done it again, showcasing whole grains and heirloom flours like spelt, sprouted wheat, and khorasan. Also new in this edition is a super-fast natural sourdough, weight equivalents for every dough recipe, and intriguing new oils like coconut, avocado, grapeseed, and flaxseed.

The New Healthy Bread in Five Minutes a Day has 33 new recipes as well as old favorites, including 100% Whole Wheat Bread, Whole Grain Garlic Knots with Parsley and Olive Oil, Whole Grain Crock Pot Bread, Rosemary Flax Baguette, Cinnamon-Raisin Whole Wheat Bagels, Pumpkin Pie Brioche, Raisin Buns, Challah, Whole Wheat Soft Pretzels, gluten-free breads, and many more.

With over a half-million copies in print, the Bread in Five series is the quick and easy way to create healthy breads that rival those of the finest bakeries in the world—with just five minutes a day of active preparation time.

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Precisely why? Because this The New Healthy Bread in Five Minutes a Day: Revised and Updated with New Recipes is an unordinary book that the inside of the book waiting for you to snap this but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such amazing way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the reserve store hurriedly.

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