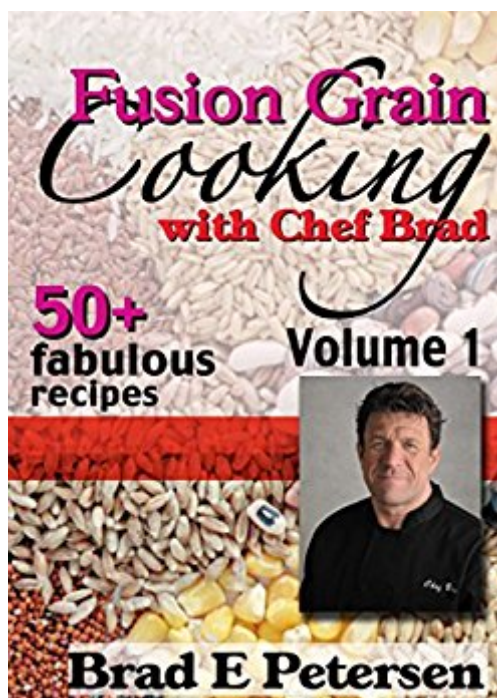


The book was found

# Fusion Grain Cooking With Chef Brad, Volume 1



## Synopsis

Chef Brad Petersen, *the America's Grain Guy*, shares over 50 fabulous recipes that combine grains to foods you already eat to make food that not only tastes great but is good for you.

That's what fusion grain cooking is all about! Optimal nutrition and flavor! Learn about thirteen of Chef Brad's favorite grains, including the "super grains" - perfect proteins that contain all eight essential amino acids. Quinoa, flax, buckwheat and more - delve into their history, nutrition and uses. Plus, Chef Brad draws from his extensive research and experience to share dozens of tips and insights to enhance your cooking experience. As Chef Brad says, "Eating healthy never tasted so great!"

## Book Information

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## Customer Reviews

Thank You

Lots of good recipes Great advice. Look forward to getting his other books. He came to my

Women's group and spoke about healthy eating. He's the Best!!

Leave all the refined grains behind and give your body what it needs with this whole grain book. Delicious recipes.

Love Chef Brad. Some great recipes in here. Wish there was a bit more, but I knew what I was buying...50+.

I haven't used the receipes yet I saw his show and I had to get the book to try them.

Kindle books are hard to navigate-it takes awhile to find a recipe sometimes. I love Chef Brad, however, and enjoy his show on B.Y.U. T.V.

I never received this book for some reason??????

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Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Brad's Mate: M/M werewolf erotic romance (The Borough Boys Book 3) The Wrong 'Un: The Brad Hogg Story Sublime's Brad Nowell: Crazy Fool (Portrait of a Punk) Mojo Hand: The Life and Music of Lightnin' Hopkins (Brad and Michele Moore Roots Music) My Men are My Heroes: The Brad Kasal Story (Leatherneck Classics) Early Trails: The Early Stories of Brad Dennison Brad's drink: A primer for Pepsi-Cola collectors

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