

<<全谷类食品>>

图书基本信息

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内容概要

With this cookbook, the experts at Betty Crocker make it easy for you to include the goodness of whole grains in your family ' s favorite meals. You ' ll discover 140 delicious whole grain recipes for every meal of the day—including on-the-go snacks, convenient slow-cooker recipes, and super-fast 30-minute dishes—plus cooking tips and information on the different kinds of whole grains available, authoritative advice on the health benefits of whole grains, and 50 beautiful color photos.

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