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

By Katzinger, Jennifer

Sasquatch Books, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: This work focuses on whole and ancient grains, including such familiar types as whole wheat and oats and the less familiar einkorn, spelt, kamut, and teff, as well as unrefined natural sweeteners such as honey, maple syrup, coconut palm sugar, and sucanat. Katzinger's dishes lean toward traditional favorites, such as apple pie, triple-layer chocolate sour cream cake, snickerdoodles, buttermilk biscuits, and pumpkin bread. While each recipe has been specifically developed to suit a particular grain and sweetener, adding a whole new level of complex flavor to a classic, all the recipes offer options for flour substitutions. VERDICT: Interest in whole grains and unrefined sugars continues to grow at a remarkable rate. While not every recipe in Katzinger's latest title is vegan and gluten-free, home bakers who are interested in branching out beyond white sugar and flour will find plenty of healthier alternatives to satisfy their sweet tooth. Library Journal . . . if you are excited about the way that whole grain flours change the flavor of a recipe, you should get excited about this cookbook for the way that natural sugars can...

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