



**The Einkorn Cookbook: Discover the World's
Purest and Most Ancient Form of Wheat:
Delicious Flavor - Nutrient-Rich - Easy to Digest -
Non-Hybridized**

Shanna Mallon, Tim Mallon

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If you haven't heard of einkorn yet, get ready to get excited. Easy to digest, less likely to cause gut inflammation, tolerable for those with gluten sensitivity these are just a few reasons why the ancient grain known as einkorn is quickly becoming one of the most popular grains/flours on the market--not to mention its sweet flavor and silky texture. How does one prepare this ancient grain? Popular food bloggers, **Tim and Shanna Mallon** of *Food Loves Writing*, bring einkorn right to your table with this beautiful whole food cookbook that includes over 100 recipes, all featuring the world's most ancient grain. Recipes are broken into sections including breakfast, appetizers, breads, main dishes, and desserts, and include such hits as: Vegetable Quiche with an Einkorn Crust, Kale Salad with Einkorn Berries, Einkorn Cranberry Walnut Bread, Einkorn Cinnamon Buns, Acorn Squash and Caramelized Onion, Einkorn Salad, and Mexican Chocolate Einkorn Cookies. Get ready to embrace einkorn, not only for its health benefits, but its wonderful taste. Once you try *The Einkorn Cookbook*, you'll never go back.

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Ellen Weiss:

A lot of people always spent their very own free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent the whole day to reading a guide. The book The Einkorn Cookbook: Discover the World's Purest and Most Ancient Form of Wheat: Delicious Flavor - Nutrient-Rich - Easy to Digest - Non-Hybridized it is extremely good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too expensive but this book features high quality.

Desmond Goforth:

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Major Talley:

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