

Cooking and Baking with Whole Grains



Menu

Teff Gingerbread

Quinoa Apple Cookies

Power Pancakes

Live Whole Grain Porridge

(with figs, goji berries, chia, almonds and fresh almond milk)

Red Lentil Barley Soup

Rice and Bean Salad

Sunny Whole Grain Sushi

Quinoa Salad Meal

Pumpkin Applesauce Muffins

Oaty Carob Chip Cookies

Jae's Famous Flax Maple Cookies