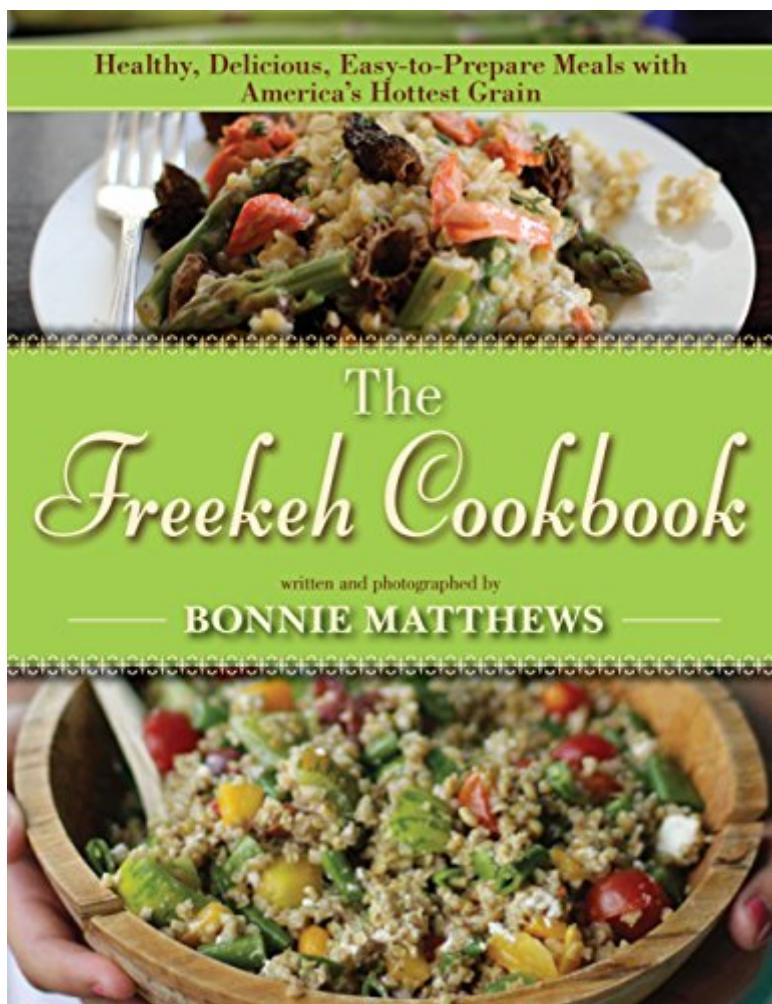


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# The Freekeh Cookbook: Healthy, Delicious, Easy-to-Prepare Meals With America's Hottest Grain



## Synopsis

Freekeh is a tasty, versatile grain that's packed full of fiber and protein. Freekeh was created by accident nearly 2,000 years ago when a Middle Eastern village was attacked and their crop of young green wheat was set ablaze. Most folks would sulk over their misfortune, but the crafty villagers rubbed off the chaff, cooked it up, and the result was freekeh! With 8 grams of protein per serving, it is quickly gaining popularity in America as a healthy grain that tastes great and keeps you fuller for longer, aiding in weight loss. This beautifully photographed cookbook showcases dozens of ways to incorporate freekeh into every meal of the day. Recipes include: Almond Cookies with Cocoa Nibs Cardamom Freekeh Bars Curried Freekeh Crackers Freekeh & Cheese Moroccan lamb with Dried Fruits and Nuts Pistachio Encrusted Shrimp with tamari Frekeh Raspberry Freekeh Pancakes Roasted Pumpkin with Chicken Apple Sausage and Kale Stuffed Heirloom Tomatoes Tandoor Chicken with Curried Eggplant Freekeh And More! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## **Customer Reviews**

have ordered lots of these books for gifts

Wow, What an AMAZING cookbook, and so easy to follow. Who would have thought that Freekeh could taste so good. As a fitness professional I am always looking for healthy alternatives to this processed world we live in! Bonnie has given a new light to a wonderful unknown grain. Thank you for giving us healthy options. I LOVE IT !!

love Bonnie's books. Good food and great photos! Healthy too!

Everything looks good!

I love this book! The recipe's are very clean and I love the Freekeh. Excellent way to learn how to cook healthy. LOVE IT!

I gave it as a gift because the recipes were quick, easy, and tasty. It prompted me to be creative on my own. Selece

This cookbook is GREAT!!! I fell in love with freekeh when Bonnie Matthews introduced it to me through a facebook conversation and her first cookbook. The recipes in The Freekeh Cookbook are easy to follow and there is something for everyone. When I can get my husband and son to eat freekeh instead of rice or potatoes....it is a great thing and with this cookbook it does just that!!! Bonnie, puts her heart and soul into her recipes and it shows!! Who would have thought that a small grain like freekeh would be loaded with so much fiber and protein and actually taste great!! With Bonnie's recipes you have the template to get started on a healthy journey that you and your

family will LOVE!!! This cookbook is going to put to VERY GOOD use for my family! With her recipes, you don't just have to use freekeh, you can use other grains which to me makes this a cookbook for ALL palates!! Bonnie has hit this one out of the ballpark! I can't wait to see what she has coming up with her next cookbook!!!

I had never heard of Freekah, but heard on NPR in January it was one of the food trends of the year. This is a great cookbook, gives you lots of ideas for using what I've now learned is a high protein grain -- as the book says, keeps you fuller. The recipes are pretty easy for the most part - it's a really handy cook book.

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recipes, dump ... recipes, healthy recipes, healthy cooking) CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer Meals Book 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook, ) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Bowls of Plenty: Recipes for Healthy and Delicious Whole-Grain Meals Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals

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