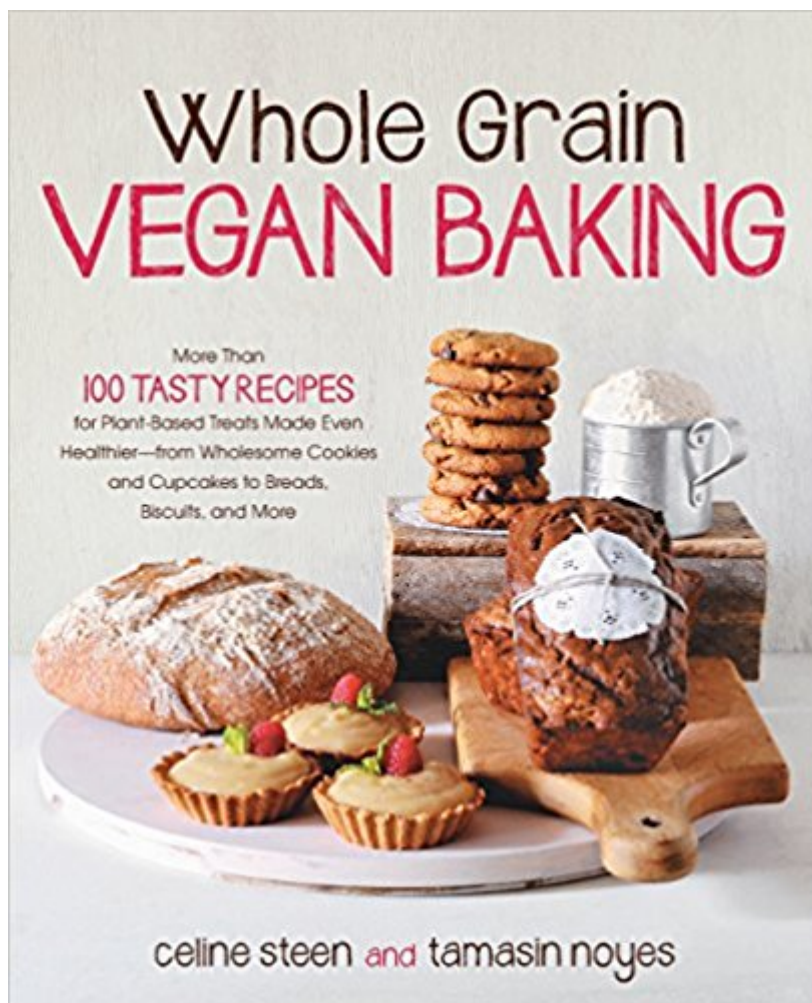


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# Whole Grain Vegan Baking: More Than 100 Tasty Recipes For Plant-Based Treats Made Even Healthier—From Wholesome Cookies And Cupcakes To Breads, Biscuits, And More





## Synopsis

Have Your Cake and Feel Good About It Too! Do whole grain flours intimidate you? Does amaranth flour sound fascinating but perhaps a little too froufrou? Do you love the chocolate cherry scones at your local coffee shop, but feel way too scared to attempt them on your own? Fears begone! You are now in the safe (albeit floury) hands of Celine Steen and Tamasin Noyes, two vegan ladies who know their way around the oven—and barley and buckwheat flour too. Expect to see not an ounce of white flour, refined white sugar, or powdered egg replacer in this book. Instead, indulge in wholesome breads, muffins, pies, pancakes, and other treats that draw on the nutty depth of flavor and enhanced taste of ingredients like whole grain flours and natural sweeteners. All you need is a bowl, a spoon, and a little "can-do" attitude to whip up treats like Caramel Nut Barley Squares, Potato and Walnut Wheat Bread, and Chocolate Raspberry Tart. With more than 100 recipes to choose from, the hardest thing you'll have to do is pick out what to bake first! Your taste buds will love you, your friends will adore you, your waist will thank you, and the planet will be singing your praises with *Whole Grain Vegan Baking*. You're just a whisk away!

## Book Information

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## Customer Reviews

"Expand your pantry and palate at the same time with truly inspired whole grain creations. Be it sweet or savory, Celine and Tami have a satisfying answer to your every craving. This book will delight eaters and bakers for years to come." -Hannah Kaminsky, author of *My Sweet Vegan*, *Vegan Desserts*, and *Vegan ? la Mode* "This book proves

that healthy and delicious are not mutually exclusive terms. Tami and Celine's welcoming tone makes you feel like they're right there with you in your kitchen, shouting words of whole-grain encouragement! With lips-smackers like Mini Lime Bundt Cakes, Spicy Cranberry Cornbread, and Kicked-Up Chocolate Cookies, they make ditching the white flour easy and scrumptious." -Dynise Balcavage, author of The Urban Vegan, Celebrate Vegan, and Pies and Tarts with Heart "Whole Grain Vegan Baking transcends basic whole wheat flour and makes wholesome treats that shine by introducing a variety of grains and flours in a collection of unique and inspired recipes. Complete with captivating photographs, Tami and Celine's creations present irresistible solutions to healthful baked goods and desserts, each one splendidly imaginative." -Kelly Peloza, author of The Vegan Cookie Connoisseur and Cheers to Vegan Sweets! "Celine and Tami have your back with creative and satisfying recipes that utilize the best grains for the job, so you can feel good about whipping up a batch of Peanut Butter Surprise Cookies regularly." -Kris Holechek Peters, author of The 100 Best Vegan Baking Recipes, Have Your Cake and Vegan Too, and The I Love Trader Joe's Vegetarian Cookbook "Looking for a way to eat more baked goods without the guilt? Steen and Noyes's (Vegan Sandwiches Save the Day!) latest title featuring whole grain flours, less-refined sugars (agave, Sucanat), and minimally processed fats like coconut and olive oils may be the answer. This may sound like a recipe for slightly sweetened cardboard, but the tempting photos for recipes such as sweet potato waffles, braided almond oat bread, Kicked-Up Chocolate Cookies, and caramel nut barley squares tell a different story. Savory items such as breads, bagels, and crackers complement the sweet. Most recipes use a mix of flours, and a guide to flours and other ingredients is included. VERDICT Vegans who were drawn to Kim Boyce's Good to the Grain but didn't feel up to adapting her whole-grain baking recipes will be pleased with this title. This standout work should also appeal to bakers looking for healthier recipes than those found in popular vegan baking books by authors such as Isa Chandra Moskowitz, Terry Hope Romero, Doron Petersan, and Erin McKenna." -Library Journal "Expand your pantry and palate at the same time with truly inspired whole grain creations. Be it sweet or savory, Celine and Tami have a satisfying answer to your every craving. This book will delight eaters and bakers for years to come." • "Hannah Kaminsky, author of My Sweet Vegan, Vegan Desserts, and Vegan à la Mode "This book proves that healthy and delicious are not mutually exclusive terms. Tami and Celine's welcoming tone makes you feel like they're right there with you in your kitchen, shouting words of whole-grain encouragement! With lips-smackers like Mini Lime Bundt Cakes, Spicy Cranberry Cornbread, and Kicked-Up Chocolate Cookies, they make ditching the white flour easy and scrumptious." • "Dynise Balcavage, author of The

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Celine Steen is the co-author of Vegan Sandwiches Save the Day!, 500 Vegan Recipes, The Complete Guide to Vegan Food Substitutions, and Hearty Vegan Meals. She is the founder of the blog Have Cake, Will Travel ([havecakewilltravel.com](http://havecakewilltravel.com)). She lives in California. Tamasi Noyes, a long time vegan, grew up in a meat- and-potatoes family. After years of cookbook testing, Tami was honored to become an author herself. With Celine Steen, Tami has written Vegan Sandwiches Save the Day! and the Whole Grain Vegan Baking Book. Tami's solo works include American Vegan Kitchen and Grills Gone Vegan. Keep up with Tami at her blog ([veganappetite.com](http://veganappetite.com)).

In an effort to quit a serious sugar/white flour addiction, I purchased the book Whole Grain Vegan Baking. OMG! Did I ever choose the perfect cookbook! I, myself, am not a vegan, but have been eating a vegetarian diet for over 36 years. The recipes in this book are fantastic. I am so impressed

with the results of every recipe I have tried. Being a professionally trained pastry chef, I do know a thing or two about traditional baking, but am not very knowledgeable about whole grain flours and natural sweeteners. I am so grateful to Celine and Tami for creating these amazing recipes. I've only had the book for a week and a few days. So far I've made Toasted Garlic and Herb Bread, Coconut Spice Granola, Whole Wheat Peanut Blondies, Spelt and Barley Lemon Cookie Bites and Better with Beans Brownies. Let me tell you, those brownies really are better with beans! Normally, in an effort to get rid of the sweet treats I made in the past, I would bake on the weekend and bring the left overs to work for my co-workers. I'll be honest, I couldn't part with the brownies today. I kept them home for my partner and I to enjoy. With no guilt because these are actually good for us!!!! So, if you are considering ordering this book, DO IT!!! I promise you will love it.

This kind of book can be a bit of a gamble. Not this one. Its recipes really work: they're tasty, not reliant on huge amounts of fat and sugars, and - if followed as the two thoughtful authors describe - produce appetising and enjoyable results, from which (of course) exploitation of animals is entirely absent. There is variety too: baking for many different circumstances and palates. This must be due in part - to the interesting range of ingredients used; these are nevertheless not difficult to obtain. Good background and pointers on usage of these ingredients are given by the authors towards the beginning of the book. The illustrations - while striking - are honest and show what you can actually expect from each recipe. At the same time, the instructions (most follow the usual one-to-a-one-or-two-pages formula) are clear and unambiguous. Perhaps surprisingly, there aren't many books eschewing dairy which cover baking... breads, snacks, cookies, small cakes and the like - yet emphasise wholesome ingredients. This one does; and does it very well indeed. The results are uniformly appealing - surely this is because the authors have refined and revised their recipes until every one is a winner.

I have made quite a few recipes from this book and none have disappointed me. I had been looking for a good whole grain hamburger bun recipe for a long time that wasn't too heavy. I don't like to use any white flour in my baking. The recipe in this book is tender and perfect! The peanut and banana muffins are a favorite too. I'm sure I will be finding many more favorites as I bake my way through this book. I don't often give 5 stars to any book but this one is great. I would recommend it to others who like to use whole grains in baking.

Great looking recipes but they all call for so many different ingredients... I have altered several

because I can't keep that many ingredients on hand nor can I afford to buy them all every time I use them. Still, the fee I have made turned out well.

I've made two recipes so far and I'm happy with the results. But I find that the way the recipes are written is rather distracting. If you are used to grams and ml measurements instead of cups and tablespoons, you will find that there is no consistency in the order of these. For some ingredients the g/ml are primary with the c/tbsp in parentheses and for other ingredients in the same recipe it is the opposite. This requires you to jump back and forth between the primary/secondary measurements when getting your ingredients together.

I love this book! This morning we had the Sweet Potato Waffles. They were great. They reminded me a little of pumpkin pie:) I have made all of the scones and granolas, and they are also excellent. I just want to try everything in the book. I'm still on the first chapter.

there are a few vegan authors who i know will NOT disappoint with celine stein being one of them. the recipes include a few ingredients i don't usually bake with, barley flour for example, and i found it was worth buying the barley flour. great recipes!!

I'm not vegan, but I love this cookbook. I've always had to make a lot of modifications to conventional recipes to incorporate whole grains and use less sugar, all with varying success. This cookbook is great because it uses all different kinds of grains--usually combined with whole wheat, but still using much less of it. It uses barley, rice, oat, spelt, rye and flax. The authors have devised ingenious, nutritious ways to decrease the sweetener (for example almond meal for half of the sugar topping on a streusel cupcake). We've made changes to the recipes based on our own taste, but we've found that the texture is always spot on. I'm so excited! To be able to open a book and bake something nutritious (even desserts), knowing that it will turn out the first time is awesome!

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