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Porridge: Oats Grains Seeds Rice

By Anni Kravi

Quadrille Publishing. Paperback. Condition: New. 192 pages. Porridge (aka oatmeal) is the new food-trend on the block. Its no wonder why these highly desirable bowls have trended on Instagram over a million times, as porridge has now become the ultimate canvas for creating imaginative, healthy recipes which are packed full of flavor and topped with an abundance of superfoods. There are over 50 recipes which take inspiration from porridges around the world, her recipes use oats, quinoa, amaranth, raw buckwheat, bulgur wheat, rice and spelt. Porridge features sweet, savory, raw, soaked and cooked recipes such as Carrot cake overnight oats, Quinoa, beetroot ginger, Oats and kale tofu sweet potato smash. The book also contains over 20 inventive toppings so that you can make your own bowl creations including recipes for Raspberry banana ice cream, Carrot bacon and Tahini licorice bliss balls. In this book, Anni Kravi re-writes the porridge rule book creating sugar-free, dairy-free and vegan superbowl food that will transform the way you eat. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Edwardo Rohan III**

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