



# Whole Grains: Healthy Vegan

*Jadranka Boban Peji?*

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## **Whole Grains: Healthy Vegan** Jadranka Boban Peji?

Whole grains should be the most important part of our nutrition. Studies show that eating whole grains lowers the risk of many chronic diseases; that 3 servings a day will bring you all the benefits; and that you can benefit even from 1 serving per day. But the key to your ultimate enjoyment in grains is in the way they are prepared. Jadranka Boban Peji?, the pioneer of the Croatian macrobiotic and natural cuisine movement, and the bestselling author, will show you how to prepare this miracle food in a number of innovative, interesting and delicious ways, and at the same to preserve the precious vital life energy it contains, as well as a wide range of vitamins and minerals, and an excellent balance of proteins and carbohydrates, and plenty of dietary fibre. This book includes 28 easy-to-prepare and beautifully illustrated recipes with brown rice, oats, millet, buckwheat, quinoa, amaranth, corn, spelt and barley, and also a number of tips and tricks related to this staple food.

Jadranka Boban Pejic is a globally recognized macrobiotic teacher, and a prize-winning author. Her cookbook Summer received the prestigious international Gourmand World Cookbook Award as a second best vegetarian cookbook in 2007, and Gluten Free was also nominated among the four best vegetarian cookbooks in 2009.

If you are interested in more vegan cookbooks, check the Healthy Vegan series: Spring, Summer, Autumn, Winter, Sprouts, Pulses, Seaweeds, Gluten-Free, Salads, Healthy Vegan Lunch Hour, Breads and Rolls, The Power of Raw.

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