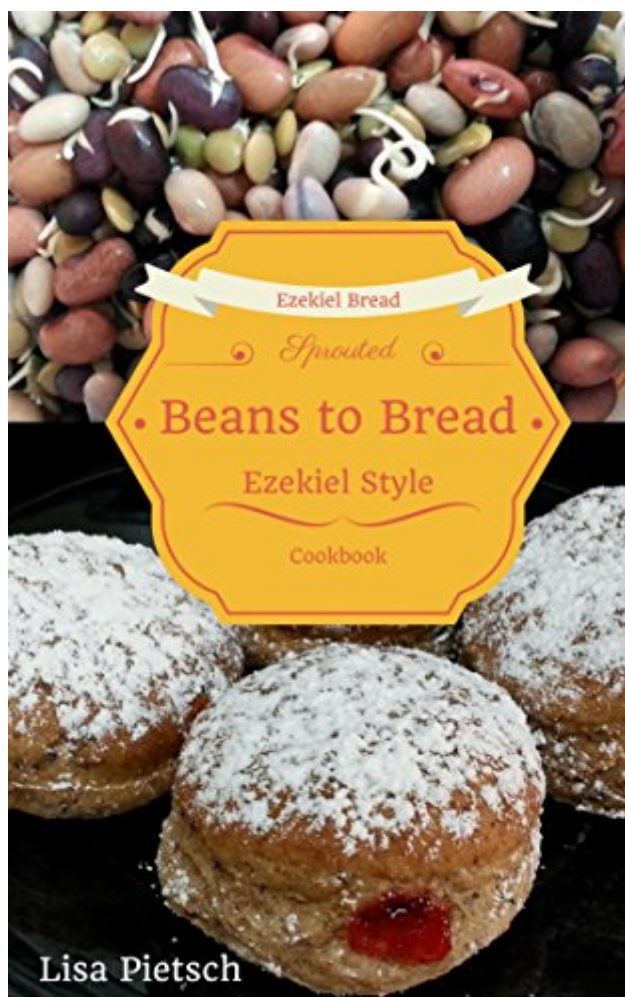


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# Beans To Bread: Ezekiel Style Bread Cookbook



## Synopsis

I turned beans into jelly donuts. No joke. I did more than that though. I turned sprouted beans into high-protein, low-glycemic, delicious bread, bagels, pizza crusts, pita bread, flatbread, cinnamon rolls rolls, and, yes, jelly donuts! As someone who has dealt with obesity, insulin resistance, pre-diabetes, and thyroid issues, I've spent years passionately perfecting my Ezekiel style bread recipes with sprouted beans and whole grains at home with my bread machine and finally created a book of recipes I feel are worthy of sharing.

## Book Information

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## Customer Reviews

There is a need to understand how to sprout with sprouting bags not jars, to dehydrate sprouted grains and legumes to ready them for the mill, and how to mill the correct amount and granularity to produce an Ezekiel 4:9 type bread, English muffin, and pizza dough with or without gluten. Lisa's booklet is a good first attempt at this but so much more information is needed. It also needs to be

written more in a results style of writing rather than an op-ed recipe style of writing. But at the moment, Lisa is the only one published on the subject so she gets 5-stars for giving me enough information to be dangerous, and hopefully youtube can fill in the rest of the blanks...

Very disappointed. While reviewing the book it had a recipe for sourdough in the table of contents. Purchased the book - which is high in price for such a small e-book - but okay it had the sourdough recipe. There is no recipe for sourdough in the book - it directs you to her blog. Well shucks - I didn't purchase the book to have to go here and there to get a recipe. I went to her blog and there is no sourdough recipe there either. I have emailed the author and asked for a refund - have not heard back from her. To have a recipe in the table of contents and it not be included is very deceptive.

Head many good ideas for different breads. Several small issues. All recipes call for it being mixed in a bread machine. No mention is made of using a regular stand mixer or mixing by hand. While the ideas in here are for many tips of bread, they all use the basic recipe. I find it hard to believe that so many types of bread can be made with a single recipe with so little variety. Doesn't the taste ever need to be changed? So while a lot of different type of bread are made, the taste apparently doesn't change, just the shape of the dough.

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