



Breads and Rolls: Healthy Vegan

Maja Kefefek

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Breads and Rolls: Healthy Vegan Maja Kefe?ek

The truth is that more and more people are fed up with commercial supermarket breads full of additives, and highly processed ingredients. The truth is that the most of breads that we eat are robbed of nutrients, and their taste is bland. And the truth is that more and more people are looking for healthier and tastier alternatives! Maja Kefe?ek, a macrobiotic teacher, and her cookbook Breads and Rolls offers just that - an array of delicious, versatile, healthy and additive-free bakery goods - from old-fashioned breads and flat breads to baguettes, bagels, muffins, rolls, various gluten free goods, and many more.

Maja Kefe?ek, the name for homemade, healthy sourdough breads in Croatia, has written a mini comprehensive guide to bread making, enabling a fresh, hot sourdough bread or rolls to emerge from the oven — every time! With 28 beautifully illustrated creative and irresistible recipes, along with a number of tips and tricks where ingredients, types of flours, preparation methods - knead and no-knead, natural bread starters, gluten free variations are concerned, Maja Kefe?ek has made the process of bread making easy.

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