



# Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients

By Jeff Hertzberg M.D., Zoë François

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**Healthy Bread in Five Minutes a Day: 100 New Recipes Featuring Whole Grains, Fruits, Vegetables, and Gluten-Free Ingredients** By Jeff Hertzberg M.D., Zoë François

With over 100,000 copies in print, *Artisan Bread in Five Minutes a Day* has proven that people want to bake their own bread provided they can do it easily and quickly. Knowing that people are changing the way they eat and bake because of health concerns or lifestyle choices, the authors took their established method and applied it to breads rich in whole grains, fruits, and vegetables. That is where *Healthy Bread in Five Minutes a Day* comes in. Health-conscious bread eaters need homemade options more than anyone else. They want delicious bread, but they can't find the healthy ingredients they'd like to use in traditional bakeries, or in traditional recipes. Whether you are looking for more whole grains, whether you're vegan, gluten-free, training for a triathlon, trying to reduced your cholesterol, or just care about what goes into your body, this book delivers.

For all who discovered artisan bread through the first book and for health-conscious breadlovers everywhere, this book is a must-have. Includes Recipes for:

- Whole Grain Pizza with Roasted Red Peppers and Fontina
- Turkish-Style Pita Bread with Black Sesame Seeds
- Cherry Tomato Baguette
- Gluten-Free Rosemary Parmesan Bread Sticks
- Spicy Chile Whole Grain Snack Crackers
- Quinoa Bread
- Pistachio Swirled Brioche

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## Editorial Review

### Amazon.com Review

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### Try Your Hand at These Recipes from *Healthy Bread in Five Minutes a Day*



Pain au Potiron (Peppery Pumpkin and Olive Oil Loaf)

Chocolate Espresso Whole Wheat "Cupcakes"

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### From Publishers Weekly

Two years ago, the authors published *Artisan Bread in Five Minutes*, presenting European-inspired loaves and baked goods, relying on traditional baking ingredients. After the authors started a blog based on that book, they responded to readers requests for recipes for healthy breads, including those made with less white flour, lower refined sugars and gluten-free options. Relying on the same five-minute, no-knead method, a master recipe is the base for most of the 100 recipes. The book's strength lies in the unusual selections inspired from around the globe including Turkish pear coffee bread; tabbouleh bread with parsley, garlic and bulgur; and Indian-spiced doughnuts. A chapter entitled "Sneaky Breads" cleverly incorporates fruits and vegetables into doughs, resulting in tasty and healthy creations such as brown rice and prune bread and beet-red buns. A selection of pizzas and an entire chapter dedicated to gluten-free baked goods round out the title. The friendly tone, including headnotes and stories behind recipes, keep this from becoming a didactic diet book. Though traditionalists may shy away from the method and ingredient substitutions presented, others will find inspiration within the pages of this unconventional baking title. (Nov.)

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### Review

Zoë François and Jeff Hertzberg have amazingly demystified the arcane and delightful world of Artisan Bread. Now, on the heels of time sensitivity (hello...5 minutes??? Really? Yes!) comes a baking book for the health conscious, and it couldn't be more timely. Bottom line, I would crawl across a desert of broken glass to hop into their loaf pan."--Andrew Zimmern, Food Works, Inc.

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##### **Diane Lomas:**

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**Susan Arnold:**

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