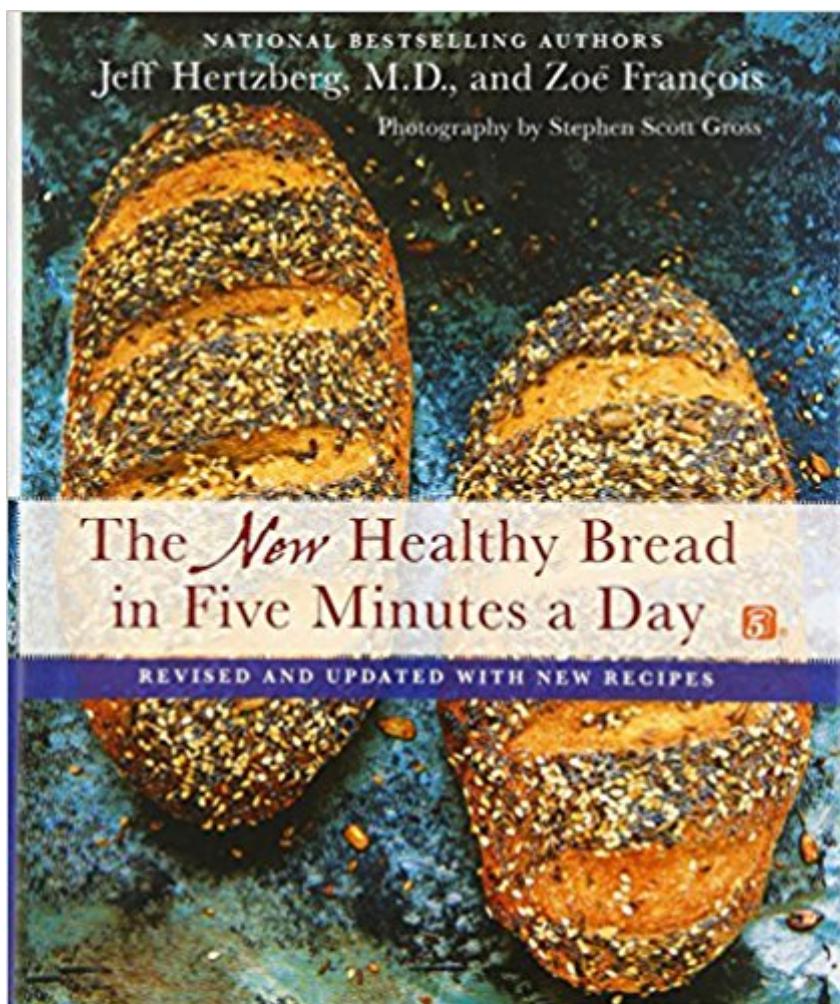


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# The New Healthy Bread In Five Minutes A Day: Revised And Updated With New Recipes



## Synopsis

A fully revised and updated edition of the best-selling Healthy Bread in Five Minutes a Day. The quick and easy way to make nutritious whole grain artisan bread. Jeff Hertzberg and Zoë François shocked the baking world when they proved that homemade yeast dough could be stored in the refrigerator to use whenever you need it, and they adapted the method for whole grains in *Healthy Bread in Five Minutes a Day* (2009). Now, in an updated second edition, they've done it again, showcasing whole grains and heirloom flours like spelt, sprouted wheat, and khorasan. Also new in this edition is a super-fast natural sourdough, weight equivalents for every dough recipe, and intriguing new oils like coconut, avocado, grapeseed, and flaxseed. The New *Healthy Bread in Five Minutes a Day* has 33 new recipes as well as old favorites, including 100% Whole Wheat Bread, Whole Grain Garlic Knots with Parsley and Olive Oil, Whole Grain Crock Pot Bread, Rosemary Flax Baguette, Cinnamon-Raisin Whole Wheat Bagels, Pumpkin Pie Brioche, Raisin Buns, Challah, Whole Wheat Soft Pretzels, gluten-free breads, and many more. With over a half-million copies in print, the *Bread in Five* series is the quick and easy way to create healthy breads that rival those of the finest bakeries in the world—with just five minutes a day of active preparation time.

## Book Information

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## Customer Reviews

Praise for *Healthy Bread in Five Minutes a Day*: 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, Travel Channel host, food writer, and radio personality, says a vast improvement over the laborious process of making artisan breads using classic methods . . . in their new book, Hertzberg and FranÃfÃ§ois have gone one step further . . . baking breads that use less sugar, healthy grains, fruits and vegetables, and are friendly to those with allergies or food sensitivities. The Associated Press says "We tried some of the recipes; we love them. Honestly, this is the nicest, softest whole wheat sandwich bread I've ever made." PJ Hamel, KingArthurFlour.com says "This is the much-anticipated sequel to the wildly popular Artisan Bread in Five Minutes a Day you'll be able to use the no-knead storage-dough method with even healthier recipesâfabulous cookbooksâyummy but easy recipes!" Mother Earth News Praise for The Artisan Bread in Five Minutes a Day Series says "Every step of ZoÃfÃ« and JeffÃfÃ«s adventures in bread has been fascinating and delicious for us, the home bread bakers who follow them, but this book might be their most exciting yet because they've incorporated years of readers' questions, problems, and discoveries into every chapter. This is truly the all-youâve-ever-wanted-to-know edition. And there are plenty of photographs . . . at last!" Dorie Greenspan, James Beard Award-winning author of Around My French Table and owner of Beurre & Sel cookies says "Soon the bread will be making itselfâThe crusty, full-flavored loaf that results may be the world's easiest yeast bread." The New York Times says "Hertzberg and FranÃfÃ§ois' practical, common-sense method is, quite simply, genius." Chicago Tribune

Jeff Hertzberg, M.D., is a physician with twenty-five years of experience in health care as a practitioner, consultant, and university professor. His interests in baking and preventive health sparked a quest to adapt the techniques of the bestselling Artisan Bread in Five Minutes a Day for healthier ingredients. He lives in Minneapolis with his wife and two daughters. ZoÃfÃ« FranÃfÃ§ois is a pastry chef and baker trained at the Culinary Institute of America. In addition to writing bestselling cookbooks, she creates tasty desserts on her pastry blog, [ZoeBakes.com](http://ZoeBakes.com), as well as for the Cooking Channel, General Mills, and many national magazines. She lives in Minneapolis with her husband and two sons.

Loved the book and have made my first batch and really very easy and it worked!!! Anxious to try

some French bread and some rolls next. Also the bread stayed very fresh for a number of days after baking. Would recommend the book highly and so nice to make a big batch and so easy. I did purchase the bread hook or stirer or whatever you call it. Inexpensive [at ] and really worked good. Enjoy

My second of this cookbook. Great for no knead whole grain bread. Sometimes easier is better. Oh & don't be afraid to use your hands (floured) and shape this bread for a nice artisanal loaf. It works just fine & improves the bread immensely. Very happy w/ the book.

Awesome book for a novice baker or an expert! They explain the process recipes in a clear concise manner, yet make it entertaining! I've made several recipes, all were delicious.

I haven't tried most of the recipes in this book; so far just the basic wheat bread recipe and instructions, but that's been working perfectly for me (and is probably all I really need). I'm getting delicious bread whenever I like, with almost no effort at all. While very little time is needed in terms of actual work, you do need to leave time for the dough to rise before baking, and for the baking itself, so pick a time when you'll be in the house doing some other work. It's extremely helpful that they've worked out the measurements (and weights) needed for more than a dozen different brands of whole wheat flour, and with or without added wheat gluten. That takes out much of the guesswork and fuss.

I was afraid I was going to ruin the library's copy of this book so I had to purchase my own. Love it!!

I just had to have this new edition as I love the first book. Very explicit instructions and great breads.

Excellent and easy to use! I got making bread right away!

I haven't bought bread since I bought this book months ago

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