

# The Grain And Legume Cookbook: The Essential Guide To Reaping The Benefits Of Plant Based Foods

*by*

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## THE GRAIN AND LEGUME COOKBOOK

*The Essential Guide To Reaping The  
Benefits Of Plant Based Foods*



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## **Synopsis**

There's a good chance you've heard of them and an even better chance you've had them on your plate at some point. But exactly what are legumes? These "seeds" are packed in fiber and protein, plus an array of vitamins and minerals, particularly the best legumes to eat. They're low in calories and a staple in vegetarian diets and vegan diets worldwide. Despite their high nutrient content, legumes have been laden with controversy because they also contain compounds called antinutrients, which interfere with nutrient absorption. Luckily, there are methods that can be used to minimize the effects of these antinutrients, allowing you to reap the full benefits and nutrition of these versatile foods. Legumes are often overlooked when cooking and that needs to change. Not only are they healthy and delicious, they're also sustainable.











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