



The Einkorn Cookbook

By Shanna Mallon, Tim Mallon

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If you haven't heard of einkorn yet, get ready to get excited. Easy to digest, less likely to cause gut inflammation, tolerable for those with gluten sensitivity these are just a few reasons why the ancient grain known as einkorn is quickly becoming one of the most popular grains/flours on the market--not to mention its sweet flavor and silky texture. How does one prepare this ancient grain? Popular food bloggers, Tim and Shanna Mallon of Food Loves Writing, bring einkorn right to your table with this beautiful whole food cookbook that includes over 100 recipes, all featuring the world's most ancient grain. Recipes are broken into sections including breakfast, appetizers, breads, main dishes, and desserts, and include such hits as: Vegetable Quiche with an Einkorn Crust, Kale Salad with Einkorn Berries, Einkorn Cranberry Walnut Bread, Einkorn Cinnamon Buns, Acorn Squash and Caramelized Onion, Einkorn Salad, and Mexican Chocolate Einkorn Cookies. Get ready to embrace einkorn, not only for its health benefits, but its wonderful taste. Once you try The Einkorn Cookbook, you'll never go back.

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Editorial Review

Review

"*The Einkorn Cookbook* is beautifully written and photographed. I absolutely cannot wait to cook and eat the simple, nutritious, and delicious food that is found within these pages." - **Winnie Abramson, N.D., founder, *healthygreenkitchen.com***

"Shanna and Tim's recipes highlight the wonderful uses for einkorn through creative and approachable recipes. This book is great for anyone wanting to dive into using einkorn throughout all their meals!" - **Erin Alderson, author of *The Homemade Flour Cookbook***

About the Author

Shanna and Tim Mallon run <http://foodloveswriting.com>, a food blog that includes personal essays and recipes. They have been writing extensively about einkorn for the past year, and have been featured in Bon Appetit, Travel and Leisure, The Kitchn, Food52, BlogHer Food, and more. They live in Nashville, Tennessee. <http://www.foodloveswriting.com>

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