



The Oats, Peas, Beans & Barley Cookbook

Edyth Young Cottrell

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"The Oats, Peas, Beans and Barley Cookbook" is much more than just another cookbook. Author Edyth Young Cottrell, a research nutritionist from Loma Linda University, teaches how to create delicious entrees, breads, desserts, vegetables, and more with natural unprocessed foods. Also learn soybean "magic" where you can make various things including milk, cream, mayonnaise, whipped topping, cottage cheese and a soy concentrate that can be used in pies, cookies, breads and entrees.... No Cholesterol, Low Refined Sugar, Low Fat.

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