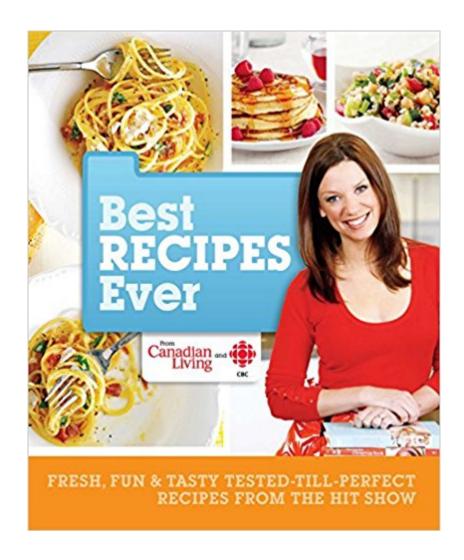
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# Best Recipes Ever From Canadian Living And CBC: Fresh, Fun & Tasty Tested-Till-Perfect Recipes From The Hit Show





## **Synopsis**

Catch up with Kary Osmond, the host of CBC Televisionâ TMs show â œBest Recipes Everâ • as she explores Canadian Living Magazineâ TMs recipe library and cooks up mealtime solutions for busy home cooks. For 35 years, Canadian Living has been developing creative meal solutions for Canadian families. Whether youâ TMre entertaining or eating a family meal on Wednesday night, the Test Kitchen has meal solutions that taste great and are easy on the cook. This collection showcases all of the recipes featured in the showâ TMs first and second seasons. Peppered with helpful tips and friendly advice, it gives readers the tools they need to make delicious, low-fuss meals at home for any occasion. â ¢ Tested-till-perfect recipes â ¢ Recipes for every course, from appetizers to desserts â ¢ Written for home cooks, with a focus on clarity for easy, no-stress preparation â ¢ Canadian sources, products and typical home-cooking techniques â ¢ Inspiring full-colour photos â ¢ Recipes reflect Canadian multiculturalism, with a broad spectrum of dishes inspired by different groups and traditions â ¢ Full nutrient analysis of each recipe â ¢ Added-value from cover to cover: full index, family-friendly recipes, plenty of tips and helpful advice â ¢ Reputation of The Canadian Living Test Kitchen's food experts

## **Book Information**

Series: Canadian Living

Paperback: 952 pages

Publisher: Juniper Publishing (March 15, 2011)

Language: English

ISBN-10: 0981393845

ISBN-13: 978-0981393841

Product Dimensions: 8 x 0.9 x 10 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (6 customer reviews)

Best Sellers Rank: #1,481,743 in Books (See Top 100 in Books) #97 in Books > Cookbooks,

Food & Wine > Regional & International > Canadian #3573 in Books > Cookbooks, Food & Wine

> Cooking Methods > Quick & Easy

### Customer Reviews

The Canadian Living Test Kitchen combines the talents and expertise of Canadaâ ™s top food specialists in the countryâ ™s largest media test kitchen. These specialists research, develop, test and retest recipes to make your cooking life easier and more pleasurable.

Cranberry Flax Muffins These muffins are filled to the brim with dried fruit and flaxseeds. If cranberry isn⠙t your fruit, switch it up by using dried cherries or chopped dried apricots instead. Â 1 cup (250 mL) flaxseeds1 cup (250 mL) all-purpose flour1 cup (250 mL) whole wheat flour 1 cup (250 mL) natural bran1 tbsp (15 mL) baking powder1 tsp (5 mL) each baking soda and cinnamon tsp (2 mL) salt2 eggs1 cups (375 mL) buttermilk1 cup (250 mL) packed brown sugarâ..." cup (75 mL) vegetable oil1 cups (375 mL) dried cranberries Set aside 2 tbsp (30 mL) of the flaxseeds. In food processor, finely grind remaining flaxseeds; transfer to large bowl. Add all-purpose and whole wheat flours, bran, baking powder, baking soda, cinnamon and salt; whisk to combine.Whisk together eggs, buttermilk, sugar and oil; pour over dry ingredients. Sprinkle with cranberries; stir just until combined.Spoon into 12 greased or paper-lined muffin cups; sprinkle with reserved flaxseeds. Bake in 375Â F (190Â C) oven until tops are firm to the touch, about 20 minutes. Let cool in pan on rack for 5 minutes. Transfer to rack; let cool completely. Makes 12 muffins. Per muffin: about 338 cal, 8 g pro, 12 g total fat (1 g sat. fat), 54 g carb, 7 g fibre, 32 mg chol, 315 mg sodium. % RDI: 12% calcium, 25% iron, 2% vit A, 5% vit C, 29% folate.

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