



# Super Grains: Seeds, Pulses, Legumes & Nuts

*Victoria Merrett*

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## **Super Grains: Seeds, Pulses, Legumes & Nuts** Victoria Merrett

Nature holds many secrets, many of which are still to be revealed, but we have learned a few of them along the way since ancient times, spurred, no doubt, by the need to eat and nourish ourselves. Over the years the benefits of many of the grains and seeds we consume today have escaped our notice. However, today, there is now a resurgence of interest in the very important nutritional values they can hold. Many of the vitamins, minerals and other nutrients in every day grains, such as barley and oats to more unusual ones, supply our bodies with life-giving and healing qualities. This is an introduction to grains and seeds down the ages, which have proved themselves useful to mankind and whose beneficial legacy has stayed with us through to modern times. This introduction to Super Grains & Seeds is a fascinating guide, full of interesting facts and over 100 recipes.

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