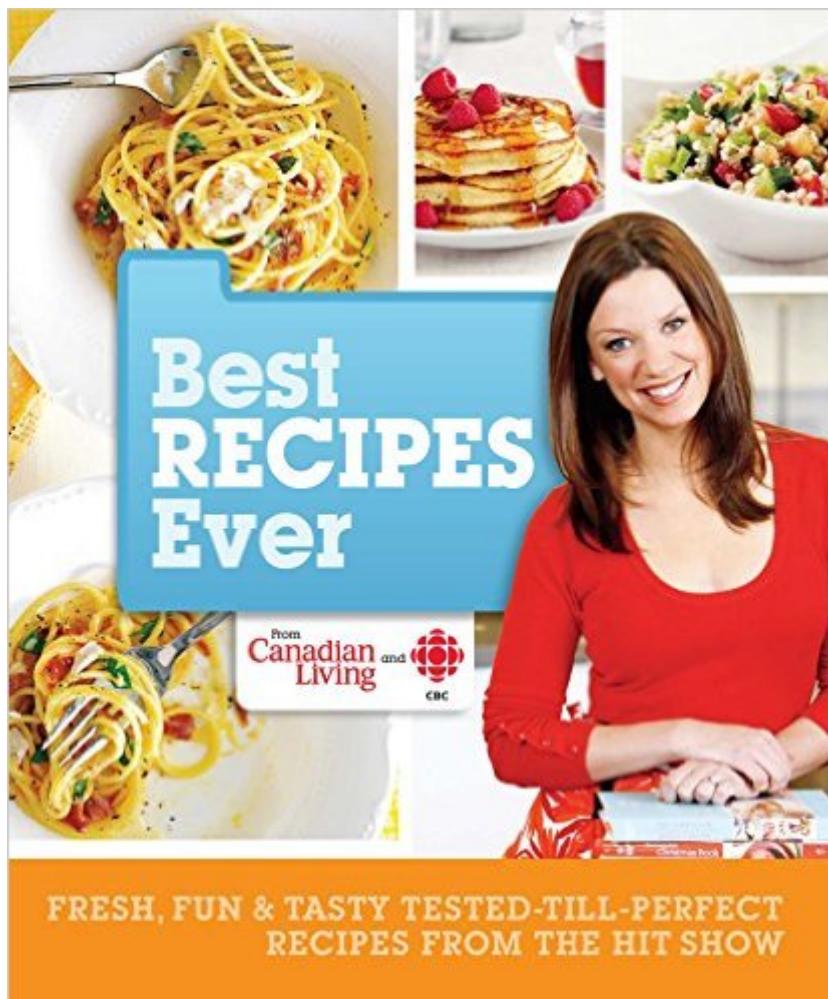


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# Best Recipes Ever From Canadian Living And CBC: Fresh, Fun & Tasty Tested-Till-Perfect Recipes From The Hit Show



## Synopsis

Catch up with Kary Osmond, the host of CBC Televisionâ™s show âœBest Recipes Everâ• as she explores Canadian Living Magazineâ™s 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™re 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™s 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

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## 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. 1 cup (250 mL) flaxseeds 1 cup (250 mL) all-purpose flour 1 cup (250 mL) whole wheat flour 1 cup (250 mL) natural bran 1 tbsp (15 mL) baking powder 1 tsp (5 mL) each baking soda and cinnamon 1 tsp (2 mL) salt 2 eggs 1 1/2 cups (375 mL) buttermilk 1 cup (250 mL) packed brown sugar 1/2 cup (75 mL) vegetable oil 1 1/2 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 375°F (190°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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