



# The Art of Baking with Natural Yeast: Breads, Pancakes, Waffles, Cinnamon Rolls and Muffins

*Caleb Warnock, Melissa Richardson*

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Did you know commercial yeast is so foreign to our bodies that many people are allergic to it? But natural yeast converts dough into a digestible, vitamin-rich food that's free from harmful enzymes and won't spike your body's defenses. Improve your health and happiness with the delicious recipes in this groundbreaking book that will teach you to prepare and bake with natural yeast!

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