



## Clark Street Whole Foods Baking: A Collection of Much-Requested Recipes and Heart-Warming Vignettes (Paperback)

By Allan Spiegler

Book Services Us, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The beloved Clark Street Bakery was a whole-foods mecca that produced delicious, nutritious baked goods, using only organic whole-grain flours, less-refined sweeteners like honey and molasses, and vegetable oil rather than lard, hydrogenated shortening, or lots of butter. Chemical preservatives, dough conditioners, bleaches, and food dyes were never used. In the early 1980s, the bakery served as a retail community bakery and supplier to natural-food stores and co-ops in Chicago and Evanston. This collection of much-requested recipes and heart-warming vignettes not only tells our story, but provides a wealth of nutritional information, as well as detailed instructions and the reasoning behind the techniques used.

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