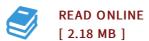




Cooking with Quinoa For Dummies

By Cheryl Forberg

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Cooking with Quinoa For Dummies, Cheryl Forberg, 140+ gluten-free recipes for adding quinoa to every meal and snack Touted as "the gold of the Incas", quinoa (pronounced keenwah) has many health benefits. It is high in both protein and fiber, gluten-free, and has been known to help those with cardiovascular health problems, as well as people who suffer from migraine headaches. Research also shows that the nutritional composition of quinoa is important in fighting breast cancer, especially in post-menopausal women. It is a great gluten alternative, and provides complete protein in vegetarian or vegan dishes. Not only does it have all of these phenomenal health qualities, quinoa is also delicious and extremely versatile! Quinoa can be made into a breakfast porridge, stuffed into a wrap for lunch, combined with vegetables for a hearty salad, rolled with spices and breadcrumbs to make a delicious burger, and added to an assortment of cakes and breads for an extra protein punch. Cooking with Quinoa for Dummies shows you how you can easily incorporate quinoa into each and every one of your meals and snacks. Offers over 140 gluten-freerecipes for incorporating quinoa...



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch