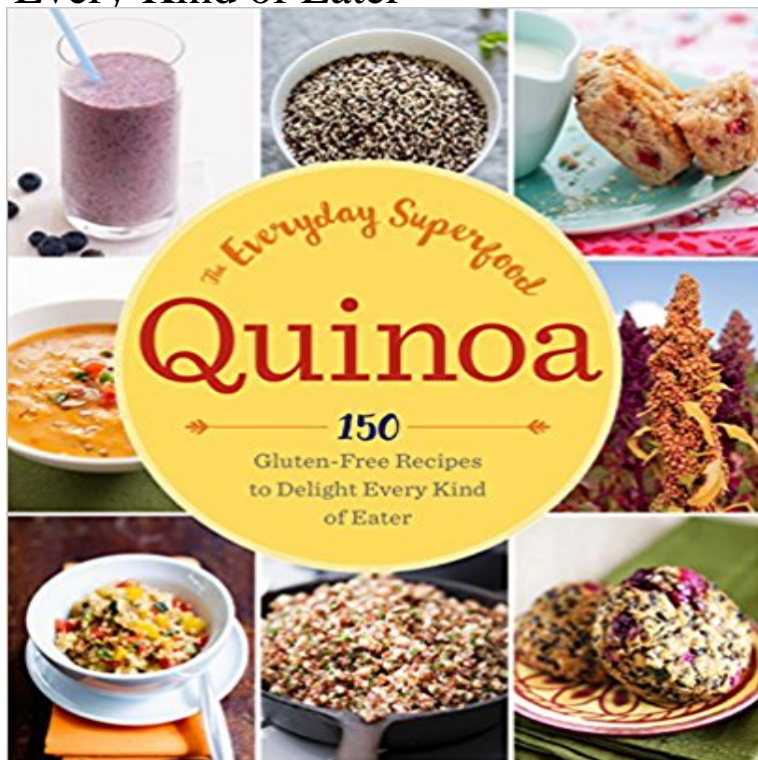


Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater



In recent years, quinoa has gained a place in Americas pantries because of its versatility and amazing health benefits. The ancient grain--which is really a seed--is gluten-free, a protein powerhouse, and rich in many other nutrients, making it a perfect substitute for wheat and other grains. But incorporating a new food into your diet can take some inspiration and guidance. With Quinoa: The Everyday Superfood, a collection of over 150 simple, out-of-the-box recipes featuring the delicious super grain, youll learn how to use quinoa beyond a basic salad or side. From satisfying breakfasts like Almond and Coconut Quinoa Porridge, to delicious snacks like Cauliflower Quinoa Fritters, to creative entrees like Black Bean and Quinoa Veggie Burgers, Quinoa; The Everyday Superfood will teach you how to incorporate this enticing ingredient into satisfying everyday meals that will boost your nutrition and revamp the way you eat. Our book offers: 150 Recipes Icons indicating vegetarian, vegan, dairy-free (highlighting the types of eaters that make up everyone) Simple ingredients Out-of-the-box yet accessible recipes (more than just salads and sides, this book teaches you how to use quinoa to its full potential) 4-color photos throughout

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Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater . explains what quinoa is, the types and where to find it, how to use it and best of all it offers **Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to** Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater Its generally boiled in water, with a little salt, but you can use vegetable,