



## Quinoa Recipes Made Easy (Paperback)

By Sarah Beach

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You may have heard about the health benefits of Quinoa(keen-wah) by now, but how do you incorporate it into your diet? Easy. Did you know that the U.N. recently designated 2013 as the International Year of Quinoa? In this book, you ll learn about the many health benefits of Quinoa! It acts as an anti-oxident among other things. It cooks just like rice, but unlike rice Quinoa is a superfood rich in protein and amino acids and is naturally gluten free. Eat quinoa-lose weight, and get healthy with all the tasty recipes in this book! Lots of flavorful recipes such as: Healthy Vegetable Quinoa salad, Blueberry Cinnamon Breakfast Quinoa, and Tom Turkey Quinoa Stuffing! All EASY, QUICK, AND GOOD FOR YOU!.



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### Reviews

*This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).*

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*I just started looking over this ebook. I could possibly comprehended everything out of this published e publication. You are going to like the way the author compose this publication.*

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