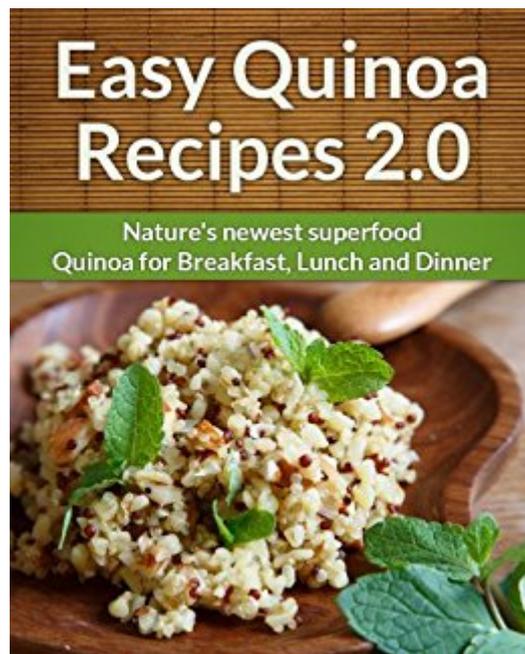


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# Easy Quinoa Recipes 2.0 : Natures Newest Superfood For Breakfast, Lunch And Dinner (The Easy Recipe Book 1)



## Synopsis

Quinoa, the superfood ancient grain that recently made it's way into the mainstream and nestled itself into restaurant menus and our cupboards. By now, you may or not be aware of it's seemingly endless list of benefits (amino acids, protein, fiber, some vital minerals, to name a few). But, the question remains: how can we use quinoa to it's full potential in our kitchen for both taste and health? It's quite easy, actually. In Easy Quinoa Recipes 2.0, you will find 29 brand new, tasty recipes to include in your breakfast, lunch and dinner for 2013 and beyond.

**DID YOU KNOW?-**

- Contains all 9 essential amino acids. One of the most protein rich foods we can eat.
- Contains nearly twice as much fibre as other grains, which helps digestion.
- Low glycemic carbohydrate, which keeps blood sugar stabilized and can promote fat loss.
- Rich source of calcium, magnesium, manganese, B vitamins, vitamin E, copper, zinc
- High in Iron, which increases brain function
- High in Lysine, which is known to heal tissue

**PUBLICITY**"2013 is the international year of quinoa" - The U.N."The super grain of the future" - Forbes

Quinoa has been getting a lot of attention lately, and for good reason. Covered in countless publications like The Washington Post, and T.V. shows like Dr. Oz, it seems everyone is talking about Quinoa. Not only is it healthy (and tasty too), but the increasing popularity of the ancient grain is changing the lives of Bolivian and Peruvians who have been growing it for years.

**IN EASY QUINOA RECIPES 2.0 YOU WILL DISCOVER:-**

- 29 unique recipes from Quinoa pancakes to Quinoa berry shakes, with HD photos that incorporate quinoa into your breakfast, lunch and dinner
- A brief history on the origins of quinoa and where it's heading in the future
- Recipes that incorporate quinoa into your favorite international dishes.

## Book Information

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## Customer Reviews

I've been searching for good quinoa cookbooks, and this is one of the better ones that I've been able to find. Nice discussion regarding origin and benefits of quinoa. I love that the book gives clear basic instructions on how to cook quinoa (very similar to rice). One recipe that I really like is the "Garlicky Quinoa." What makes this special to me is that it calls for anchovies. Now, I know most people don't care for anchovies, but I love them. All you anchovy lovers will be happy with this one. While there are many savory dishes in this book, I went straight to desserts. Those included are: "Pumpkin Quinoa Muffins", "Quinoa Chocolate Chip Cookies", and "Quinoa Pudding." Warning to all those allergic to gluten: The muffins and cookies contain wheat flour. As I said, this is one of the better e-books featuring quinoa. One downside of this e-book is that there isn't a table of contents (of any kind).

I have been wanting to experiment with quinoa for quite some time now and when I saw this book I immediately jumped on it. The book provides a basic history of quinoa and easy to use recipes. The pictures are all in HD which makes the meals look even more enticing. I especially liked the morning recipe section and just recently tried the berry quinoa smoothie which was actually really delicious. You couldn't even taste the quinoa and you get all the health benefits at the same time. I love that! Basically, If you are looking for a history book on quinoa or the chemical makeup of quinoa then you will not find it here but, if you are looking for something simple, straight to the point, and highly useful then this book is for you.

A terrific introduction to cooking with quinoa: \* An orientation to this seed product, which is cooked and eaten like rice, and has been "a staple in South American cooking for centuries." The book makes the case that quinoa is a healthy alternative to grains, offering complete, gluten-free protein, particularly important for vegetarians and vegans. \* Types (white and red) and their differences. \* Where and how to buy it. \* How to cook it. (Simmer in 2 cups of a liquid, such as water, stock, broth, or even fruit juice, to 1 cup of dry quinoa, for 15 minutes.) And then, what I can't so easily summarize

in a review: some 25-30 easy, quick recipes, all including quinoa, separated into the categories of breakfast, lunch and dinner, side dishes, and dessert, each with a mouth-watering color photo. Many recipes involve as few as 5-6 ingredients, and the great majority can be prepared in 20 minutes or less. A few that I now want to try include a breakfast porridge with almond butter, black bean and quinoa veggie burgers, and muffins with canned pumpkin. There's even a berry shake/smoothie recipe - utterly unexpected! Note: some of the beautiful photos are sourced - legally, from the several I've looked at - from a variety of free or permitted Creative Commons-licensed sources (those which allow commercial use) - and are all attributed to their sources via URLs. As far as I'm aware, the recipes are original. I'm a big fan of the Mennonite "More-With-Less Cookbook," one of the most-loved cookbooks in reader reviews, and this book is a welcome, quinoa-focused supplement, in the same spirit - easy and QUICK recipes, with a small number of readily-found ingredients and just a few preparation steps.

My husband and I are trying to move toward healthier food choices. I have not really done much with Quinoa but I want to use it more. I found this book to be very helpful...quite a few recipes I would like to ...and actually plan to...try very soon. One recipe that gave me pause was for the pumpkin muffins...no temperature given, just an oversight I would imagine. But I don't plan to make those anyway, so that won't be an issue for me. BUT...if you are interested in that recipe, you might need to do some experimenting or research. I want to make the quinoa granola ...we use a lot of cereal in our house. Thanks to Echo Bay for this free book!

I haven't tried all the recipes in this book BC I don't eat wheat or beans, but the ones I did try are very good. Some of them are unlikely combinations, but I was surprised that I liked them. There isn't anything too complicated either. Basically it's just tossing quinoa in with other whole foods and some spices for some easy side dishes or light main dishes. Overall, a good book for the money.

I had loved reading this book and could not wait to try the recipes. Big disappointment. I tried the Quinoa pumpkin muffins, the recipe does not state baking temperature. I tried two different batches guessing at the temperature. I tried between 375 and 400 degrees for up to 45 min and they still were mushy in the middle.

The book is very informative. I have not tried any of them at this time. It is inspiring and I do have a general overall idea how to cook the seed. I find that a recipe index is very helpful in a Kindle

cookbook. this index is missing. Perhaps in the future an index might be added with an updated version. It also does need a little editing to include baking temperatures etc. I do feel it has great potential as a reference cookbook. Thanks\*\*\*\*\*

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