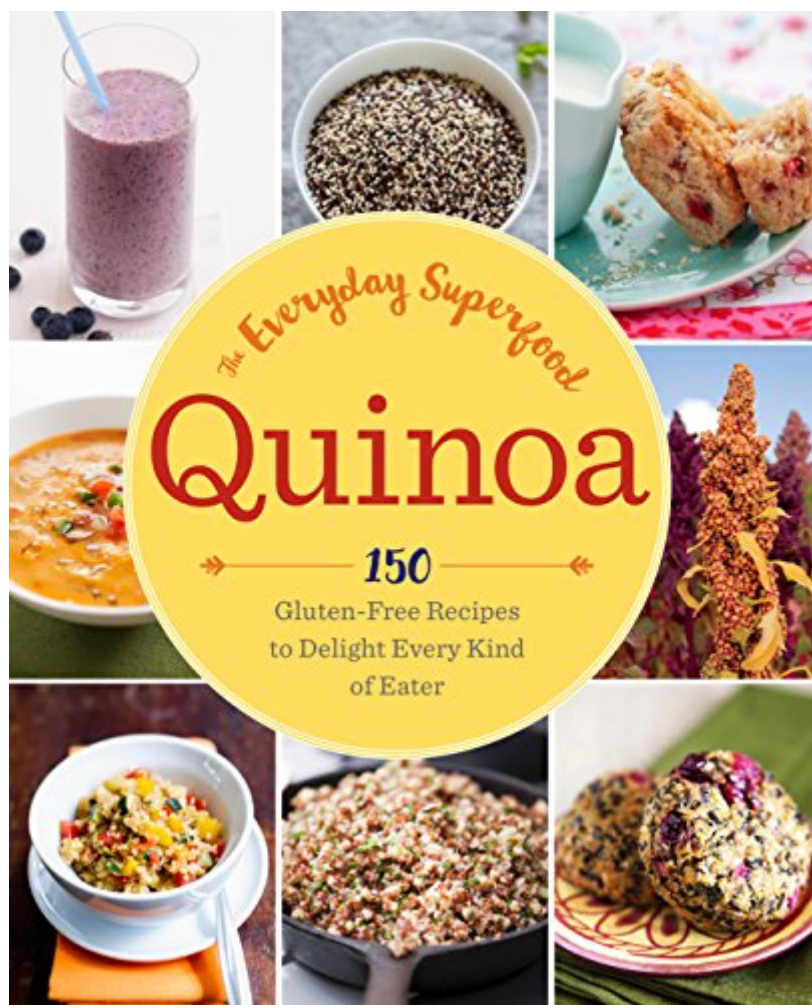


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# Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes To Delight Every Kind Of Eater



## Synopsis

In recent years, quinoa has gained a place in America's 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, you'll 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

## Book Information

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## Customer Reviews

We recently added Organic Quinoa to our pantry, and I have been looking for new ways to cook it. This cookbook gives you tons of recipes for Quinoa. Did you know, you can put Quinoa in a Smoothie? Pop it like popcorn? Neither did I! This has 5 ways you can use quinoa, that no one ever knew! (Okay, well obviously someone knew it!) I thought it could only be used like rice. I know some folks use Rice as a dessert and such but there are so many new ways in this cookbook for me to use quinoa!! I would have never known had I not purchased this! This book is divided up in to categories. You have your introductions, then you have several sections. Basics, Breakfast, Smoothies, Snacks & Sides, Salads, Soups, Stews & Chilis, Main Dishes, and Treats. Under each section is the list of recipes. If you have the kindle version like I do, you can click the specific recipe that you wish to view, without scrolling through TONS of pages to get there. I love that! The introduction tells you a few things that you may or may not have known about Quinoa. Which I love. It gives me a little more background on it! It also tells me a little more about what quinoa is used for. Did you know they say it helps with fighting breast cancer?? I didn't! There is information on pricing, health benefits, myths and facts, etc... Some of this information may or may not be useless to you. However, for some of us, we like the knowledge! Great part is, if you don't care to read that part, you can scroll or flip right on past it! This has a section that tells you about how to cook it all the different ways as well. Slow cooker, stove top, etc. Along with information on things such as quinoa flour and pasta (I didn't know they made either!

I was really excited to be offered this book in exchange for my honest review, since I am always chasing the next health craze. For those of you that don't know too much about Quinoa it is a tiny grain like seed and can be eaten very much like a grain, and cooked like you would rice. The most common type of quinoa is white, which is what most likely you will find at your local store. It is considered a superfood as it is rich in certain vitamins, minerals, and other nutrients that can make us healthier. Its flavor is a nutty one! For me this wasn't just a cookbook it was packed with great information about Quinoa, all the benefits it offers by consuming it. Some were quite interesting! It includes reducing the risk of cancer to helping decrease your risk of other ailments! Lots of great info about Quinoa. I found it quite interesting and even makes me want to consume it more for those reasons alone! I have cooked Quinoa for my family in the past, just the quinoa alone, as a side. They said it was ok! But after reading this cookbook there are so many recipes I can make for them to try quinoa in a different ways that they may like more, rather than plain and alone! I like all the recipes that are included but I have to say my favorite sections are breakfast, smoothies, and treats. I am definitely going to be making most of the recipes. This cookbook is written quite well, clearly

states what will be needed and most recipes seem quite easy, with ingredients that are easily accessible. They have also included all the ways you can cook quinoa, using your crockpot, stovetop, microwave, and rice steamer. You can make almost any meal, treat, smoothie, soup, salad, etc. using quinoa.

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