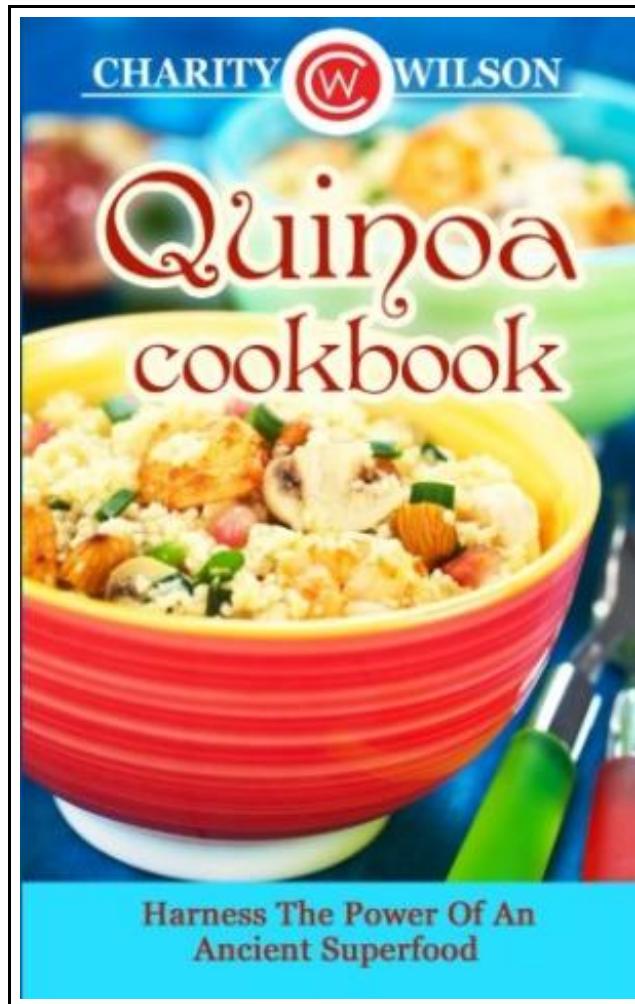


Quinoa Cookbook: Harness the Power of an Ancient Superfood (Paperback)



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Reviews

This ebook is so gripping and exciting. it was written very flawlessly and valuable. I found out this publication from my i and dad suggested this ebook to understand.
(Leif Bernhard MD)

QUINOA COOKBOOK: HARNESS THE POWER OF AN ANCIENT SUPERFOOD (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you heard all the hype about Quinoa? Is it truly this ancient superfood that we are just now discovering again?Quinoa Cookbook Unlocks The Mother SeedQuinoa is not only delicious but has quite the history. The Inca s referred to it as the mother seed and considered it sacred. It was their staple food for almost 5000 years until the Spanish conquistadors almost made it extinct when they made it illegal to be grown.It wasn t until the 1980 s that it was rediscovered by some Americans and started to be grown again in Colorado. That little seed thankfully refused to disappear.What Makes Quinoa Such A Powerhouse?The biggest thing for many people is that quinoa is gluten free. That is a blessing for people with celiac or those with gluten sensitivities. It is high in protein which is great for vegetarians and vegans who need that additional protein in their diet.When it comes to weight loss quinoa is like your best friend. It is a great complex carb that is low on the glycemic index which means it burns slow without the energy highs and lows. It only has 172 calories per 1/4 cup of uncooked seeds. Being it so filling you eat a lot less compared to other grains.It is great for migraine sufferers as it contains riboflavin which improves the energy metabolism within the brain and muscle cells. With the anti-inflammatory properties, it fits great with clean eating diets, anti-inflammatory diets and even alkaline diets.Besides all that it tastes great added to almost anything you can think of. Add it to salads, stir fry s, eat it for breakfast with dried fruit and even as meat...

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Relevant Kindle Books



The Diary of a Goose Girl (Illustrated 1902 Edition) (Paperback)

Echo Library, United States, 2008. Paperback. Book Condition: New. Illustrated. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s...

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

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Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Merry Xmas! Your kid will love this adorable Christmas book...

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Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Hope for Autism: 10 Practical Solutions to Everyday...

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The Adventures of a Plastic Bottle: A Story about Recycling (Paperback)

SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Children s Tk, Pete Whitehead (illustrator). Original ed.. 203 x 196 mm. Language: English . Brand New Book. Learn about recycling from a new perspective! Peek...

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The Story of Anne Frank (Paperback)

DK Publishing, United States, 2002. Paperback. Book Condition: New. American.. 229 x 147 mm. Language: English . Brand New Book. Thirteen-year-old Anne Frank went into hiding from the Nazis with her family in 1942. Read

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The Turn of the Screw (Paperback)

Dover Publications Inc., United States, 2013. Paperback. Book Condition: New. Reprinted edition. 202 x 128 mm. Language: English . Brand New Book. For lucidity and compactness of style, James's short novels, or novellas, are

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes Tate's own quotes about her life and career *Includes

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The Romance of a Christmas Card (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Ercle Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was

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Superfast Steve and the Queen of Everything (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A short bedtime story aimed at 3-10 year olds. SuperFast Steve is the

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