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The Quinoa Cookbook: 50 Fabulous Recipes Making the Most of This Adaptable and Nutritious Wonder Grain

By Penny Doyle

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, The Quinoa Cookbook: 50 Fabulous Recipes Making the Most of This Adaptable and Nutritious Wonder Grain, Penny Doyle, This is an inspired collection of original quinoa recipes that make the most of this amazing superfood. An informative introduction covers the story of quinoa, where it is cultivated, its nutritional properties and how to use it to maximum effect in a healthy diet. It shows how to utilize the incredible properties of this gluten-free 'pseudograin' in recipes such as Granola with Fig and Date Compote, Seared Malaysian Scallops on Black Chilli Quinoa, Bean Jambalaya and Mocha Brownies. Rich in protein, cholesterol-free and low in fat, the vibrant, tasty recipes in this book will help you radically improve your eating habits. Each recipe has a full nutritional breakdown so you can see exactly what the benefits of quinoa are. Native to the Altiplano people of South America, quinoa was a valued food of the Incas, who began growing it over 7000 years ago. Still cultivated in Peru and Bolivia but also in Colorado, Canada, Europe, Kenya and India, it has proved itself to be an adaptable and hardy crop, valued as a gluten-free food,...



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