



Breakfast Quinoa Recipes

By Marriah Tobar

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Quinoa is a type of edible seed that is harvested from grain-like crops belonging to the genus *Chenopodium*. Though it is not a true cereal grain, quinoa is often used in a similar manner as an ingredient in breakfast dishes, baked goods and more. The name quinoa is derived from the Spanish name for the food, *kinwa*. This food has been consumed by humans for over 3,000 years and it is valued for its excellent nutrient content. Unlike many cereal grains, quinoa is a good source of calcium, phosphorus and iron - it also contains several essential amino acids.



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