.: Quinoa (The Super Food) is usually considered a whole grain, but it’s actually a seed that you can cook up just like a whole grain such as barley or rice.  (You might give it a try with stir-fry instead of your old favourite white rice)  It has a similar nutritional profile to brown rice but with slightly higher protein content. For all the vegans and vegetarians out there, this is a boon in disguise.

: Here is some trivia about our star Quinoa:

1.  Quinoa comes in different colors or varieties just like grapes.  The most common is white, but sometimes you can also find red or black.

2.  The Incas held quinoa to be sacred and called it the “mother of all grains” and cultivated it for years.  Traditionally, the emperor would sow the first quinoa seed of the season with “golden implements.”  The Spanish conquistadors actually forbade the cultivation of quinoa, forcing the Inca people to grown wheat instead, because they called it “Indian food” and didn’t appreciate its place in certain religious ceremonies.

3.  2013 has been declared the International Year of Quinoa by The United Nations.

4. Your immune system and dietary system will love you if you include this in your diet

Health benefit of quinoa:

* It is a high protein food
* Rich in vitamin A,E and riboflavin
* Prevents from gall stones
* Reduces the risk of cardio vascular diseases
* Helps to prevent the oxidative stress caused by cell-metabolism oxidants in heart, liver, lungs, kidneys and Pancreas.
* Keeps your blood sugar and blood cholesterol levels In check so harm can come to the holy soul
* Improves the digestive process and aids good bowel movements for a healthy diet and happy functioning intestine.

About:

With the on going demand and market we bring to you good quality organic white quinoa produced with all care on our mother earth. It is grown naturally and helps you fight all those baddies in the body. We have white and red ones. So, are you ready to add this lovely lady to your diet? Let us tell you a small secret! She goes with everything.