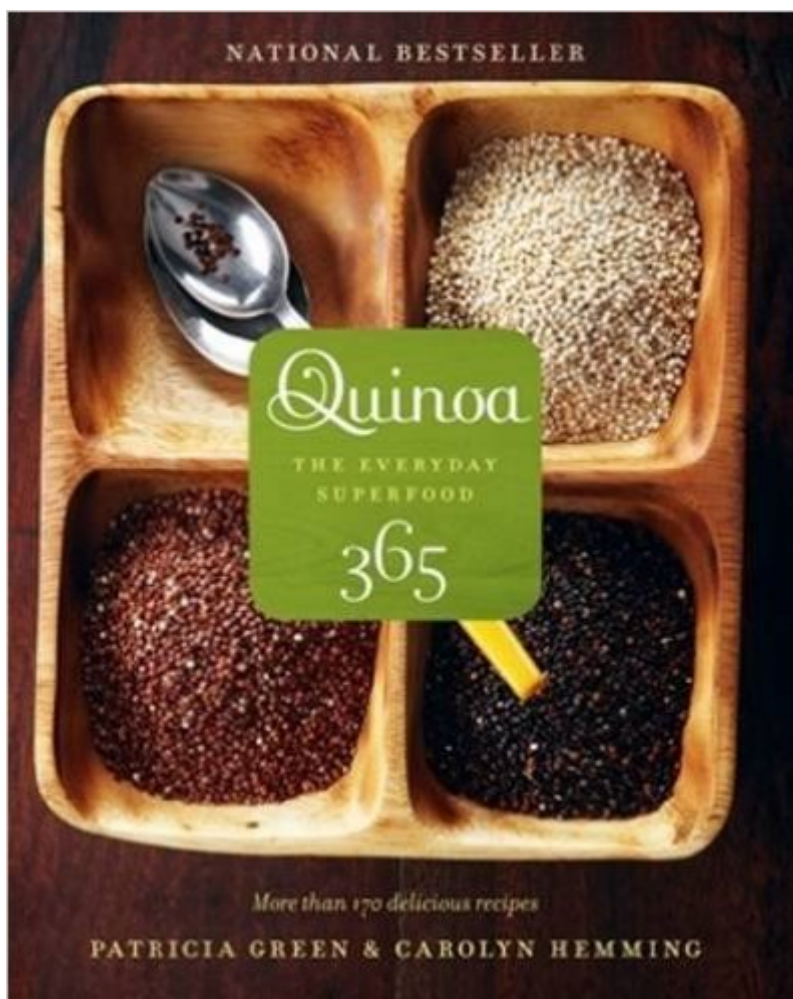


The book was found

# Quinoa 365: The Everyday Superfood



## Synopsis

One of the world's healthiest foods, quinoa contains a perfect balance of all eight essential amino acids, and is a great source of protein, making it an increasingly popular food choice for those looking to incorporate superfoods into their everyday diets. Gluten-free, wheat-free, and nutrient-packed, quinoa is ideal for those who are health-conscious, vegetarian, and/or physically active, as well as for those with gluten intolerance, wheat allergies, and other digestive disorders. But that's not all: You can eat quinoa guiltlessly knowing it's free of cholesterol and trans fats. In *Quinoa 365* sisters Patricia Green and Carolyn Hemming show you how to use this miraculous superfood in all your favourite dishes.

## Book Information

Paperback: 192 pages

Publisher: Whitecap Books Ltd.; 1 edition (April 15, 2010)

Language: English

ISBN-10: 1552859940

ISBN-13: 978-1552859940

Product Dimensions: 7.9 x 0.8 x 9.9 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (74 customer reviews)

Best Sellers Rank: #301,684 in Books (See Top 100 in Books) #63 in [Books > Cookbooks, Food & Wine > Special Diet > Baby Food](#) #102 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#)

## Customer Reviews

Quinoa is rapidly becoming a favorite part of my menus. It is gluten free (making it friendly food for some of my friends who have gluten problems); it is a great protein source (the part of me that is interested in vegetarian recipes is always on the lookout for such foods); it is easily included in a variety of tasty recipes (one of the problems that I have encountered is that there are also some pretty bland quinoa recipes--why cook if the end result is healthy but not very tasty?). As the book says at the outset (Page 1): "Nutrient-packed quinoa has sparked the interest of the health-conscious, those seeking weight loss and those on high-protein diets." Note the nutrition table on page 2. Quinoa is easy to prepare (somewhat like rice--water, quinoas, cook for awhile, let stand for a bit), although there are other ways of preparing it as well. A nice (albeit brief) feature of this book is an essay on quinoa and its history (pages 9-10). Then, the recipes. Different chapters

consider: breakfast; appetizers, sides, snacks, and salads; soups and stews; entrees--both meat and vegetarian; treats--such as cookies and muffins; desserts; baby food (I haven't seen too many cookbooks with this entry!).Some sample recipes.Ultimate Granola (with ingredients such as oats, almonds, pumpkin seeds, sunflower seeds, uncooked quinoa, sesame seeds, coconut, walnut pieces, maple syrup, vanilla extract, cinnamon, cranberries and raisins). Mix the nuts etc. Combine maple syrup and vanilla. Blend the two components well. Put on a baking dish and bake. Nice, tasty, and simple! Other breakfast dishes to illustrate: Quinoa pancakes; Quinoa hash browns; Light and fluffy eggs.Appetizers, sides, snacks, and salads. Quinoa tabbouleh; Stuffed mushrooms.

[Download to continue reading...](#)

Quinoa 365: The Everyday Superfood Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater The Quinoa Quookbook: 100 Quintessential Recipes Featuring Quinoa-the "Super Food" Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives,raw till 4,whole 30,Slow cooker,crockpot,Cast Iron) Easy Quinoa Recipes 2.0 : Natures Newest Superfood For Breakfast, Lunch And Dinner (The easy recipe Book 1) Quinoa Dump Dinners: Gourmet Superfood Meals (One Pot,Crockpot,Slowcooker,Cast Iron,Skillet) The Quinoa Cookbook: Nutrition Facts, Cooking Tips, and 116 Superfood Recipes for a Healthy Diet Knitting: 365 Days of Knitting: 365 Knitting Patterns for 365 Days (Knitting, Knitting Patterns, DIY Knitting, Knitting Books, Knitting for Beginners, Knitting Stitches, Knitting Magazines, Crochet) Superfood Salads: Delicious Vegetarian Superfood Salad Recipes for Healthy Living and Easy Weight Loss (Free Bonus Gift: Easy Vegan Weight Loss Smoothies) (Health and Fitness Books Book 2) Superfoods at Every Meal: Nourish Your Family with Quick and Easy Recipes Using 10 Everyday Superfoods: \* Quinoa \* Chickpeas \* Kale \* Sweet Potatoes \* ... Honey \* Coconut Oil \* Greek Yogurt \* Walnuts Chicken Everyday Cookbook: 365 Everyday Recipes One-Pot Cookbook: Family-Friendly Everyday Soup, Casserole, Slow Cooker and Skillet Recipes Inspired by The Mediterranean Diet (Free Bonus: Superfood Salad Recipes) (Healthy Eating Made Easy Book 6) Recetas sanas para cada día - a / Everyday superfood (Spanish Edition) Bundle: Illustrated Microsoft Office 365 & Office 2016: Fundamentals, Loose-leaf Version + MindTap Computing, 1 term (6 months) Printed Access Card ... Office 365 & Office 2016: Introductor Bundle: New Perspectives Microsoft Office 365 & Office 2016: Introductory, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader Multi-Term Printed Access Card Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days 365 Moments of Grace (365 Book Series) (Volume 2) 365 Addition

Worksheets with Three 2-Digit Addends: Math Practice Workbook (365 Days Math Addition Series 7) 365 Addition Worksheets with Three 3-Digit Addends: Math Practice Workbook (365 Days Math Addition Series 8) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6)

[Dmca](#)