



## 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,...



READ ONLINE  
[ 1.44 MB ]

### Reviews

*The most effective ebook i possibly read. it was actually writtern quite completely and useful. I am just very happy to tell you that here is the best publication we have read through during my individual daily life and could be he greatest publication for possibly.*

-- **Kennith Nicolas**

*This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly.*

-- **Prof. Beulah Stark**

## Other Books



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



### **Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...



### **Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselves By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)**

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible only...



### **Anything You Want: 40 Lessons for a New Kind of Entrepreneur**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Anything You Want: 40 Lessons for a New Kind of Entrepreneur, Derek Sivers, Anything You Want is Derek Sivers' iconic manifesto on lessons learned while becoming an entrepreneur. You don't need a visionary...



### **Eat Your Green Beans, Now! Second Edition: Full-Color Illustrations. Adorable Rhyming Book for Ages 5-8. Bedtime Story for Boys and Girls.**

Createspace, United States, 2015. Paperback. Book Condition: New. Donnalee Grimsley (illustrator). 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Edition #2. Now available with full-color illustrations! JoJo is an active and happy 4-year old boy. 4-year...



### **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...