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Quinoa Recipes: The Complete Guide to Breakfast, Lunch, Dinner and More (Everyday Recipes Book 1)

Ranae Richoux

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The increase in obesity and disease across the globe has led to an increased effort in taking care of your body. Not only does this mean a departure from household favorites like carbonated drinks and fried foods, but also less obvious staples like white rice and white flour in general. This leaves a gap for foods to replace the nutritional value of white flour based foods as well as their place in meals. One such item that has risen in popularity recently is quinoa. “What is quinoa and how do you even pronounce that?”

All these questions and more can be answered in Every Day Quinoa Recipes. The many uses of quinoa, the health benefits, and the concerns surrounding quinoa are covered step by step so that you can jump right into cooking and eating the wonder-seed. Recipes covering breakfast, lunch, dinner, and dessert have been compiled so soon you’ll be convincing everyone that you were eating quinoa before it was cool.

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