



Quinoa Recipes: Delicious, Natural, Healthy & Easy Recipes Using Nature's Ancient Superfood (Quick and Easy Series)

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Introducing our Quinoa Recipe eBook from Dogwood Apps!

What exactly is Quinoa?

The grain that isn't a grain, quinoa is one of the most popular super foods in the world today. Originating from South America, the plant is similar to grains in texture and its appearance but actually is not a true grain. Quinoa is a type of Chinopod which is a plant that grows flowers or seeds. Though one can get confused about the classification of quinoa, there is little doubt regarding its nutritional value.

What are some of the health benefits of Quinoa?

Quinoa is a great addition to any healthy, well balanced diet because it's:

- high in protein.
- gluten free.
- a low glycemic food, very high fiber content.
- a great source of Riboflavin which helps improve energy metabolism.
- a great source of Magnesium which helps regulate blood sugar levels.
- a great source of Manganese which is a powerful antioxidant.
- and more!

What recipes do you offer in your eBook?

We offer many delicious recipes including:

1. Quinoa & Black Beans
2. Turkey & Quinoa Meatloaf
3. Quinoa Tabbouleh
4. Spiced Quinoa
5. Quinoa with Chickpeas and Tomatoes
6. Mediterranean Quinoa Salad
7. Chicken with Quinoa
8. Lemon Quinoa
9. Spanish-Style Quinoa
10. Quinoa with Mushrooms & Spinach
11. Cheese Quinoa Pilaf

12. Curried Quinoa
13. Quinoa Chili
14. Zesty Quinoa Salad
15. Multigrain Bread
16. Quinoa Pudding
17. Tex-Mex Quinoa Salad
18. Shrimp & Quinoa
19. Pesto Quinoa
20. Banana Nut Cereal
21. Quinoa Vegetable Soup
22. Pork Fried Quinoa
23. Vegetarian Stuffed Red Bell Peppers
24. Pineapple Fried Quinoa
25. Slow Cooker Chicken Curry
26. Quinoa Porridge
27. Quinoa Tuna Casserole
28. Quinoa Stuffed Pork Tenderloin
29. Whole Wheat and Quinoa Pancakes
30. Quinoa Chocolate Treats

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From reader reviews:

David Crockett:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Quinoa Recipes: Delicious, Natural, Healthy & Easy Recipes Using Nature's Ancient Superfood (Quick and Easy Series) can be good book to read. May be it is usually best activity to you.

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Eugene Williams:

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