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Quinoa Recipes: The Complete Cookbook for the Grain Free Diet (Paperback)

By Karen Follett

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Quinoa Recipes: The Complete Cookbook For The Grain Free Diet Nutrition Made Easy Using Quinoa Recipes Quinoa Recipes: The Complete Cookbook for the Grain Free Diet is a great book for the individuals that cannot eat grain or choose not to eat it for whatever reason. The author has put together a collection of recipes that are not only easy to prepare but are pretty tasty as well. As more and more individuals become knowledgeable of quinoa and the benefits they seek various ways to prepare and consume it. This is where this books fits in. it is a wonderful way to try out some old recipes with a unique twist. Quinoa has been used for years for both nutritional and medicinal purposes and is just now making a comeback as an important source of nutrients. This book also helps the individual that knows nothing at all about quinoa to not only learn what it is but also to learn how long it has been used by humans and for what purpose it was used and how it being used today.



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