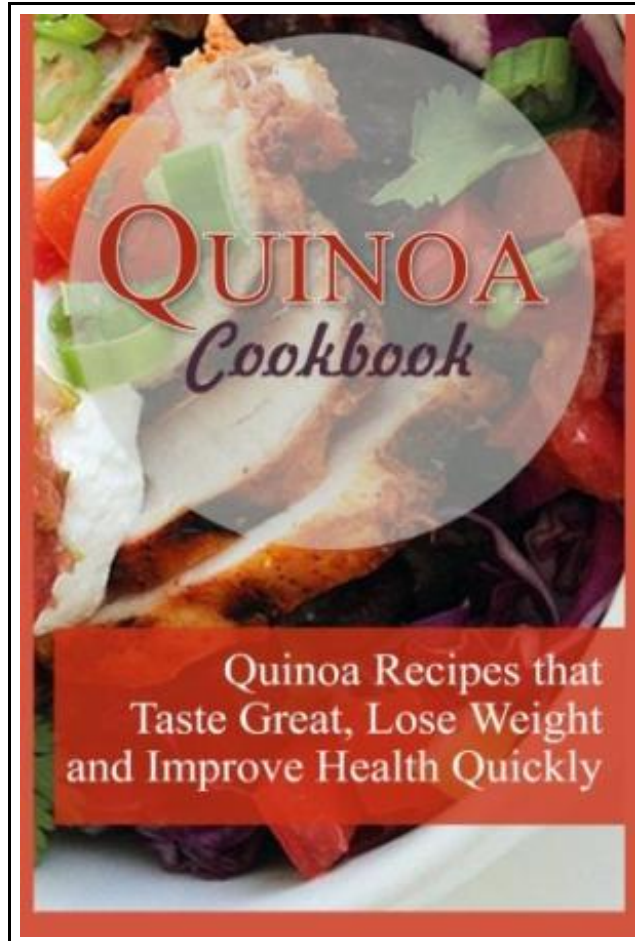


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(Alvina Runte PhD)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you interested in improving your health quickly and effectively? Have you considered implementing the superfood, quinoa, into your diet? Quinoa (pronounced Keen-Wah) is a relative newcomer grain (technically, a tiny, ancient Peruvian seed) that has recently received worldwide recognition for the hundred-fold health benefits it hides in its little cover. Catering to the health-conscious world as an easy- to- prepare substitute for carbohydrates, quinoa has emerged and made itself a viable alternative for those who seek healthy diets, yet do not want themselves tangled in the complex preparations. The recipes listed in this report lead you to a world with endless possibilities and vast potential of the seed. The offerings range from lunch to side dishes and from dinner entrees to breakfast cereals. By the time youre done with the last recipe, you will be a Quinoa scientist, ready to exercise your own hand on the nutritious grain and come up with your own dish with the everyday ingredients that you already have in your kitchen!.

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