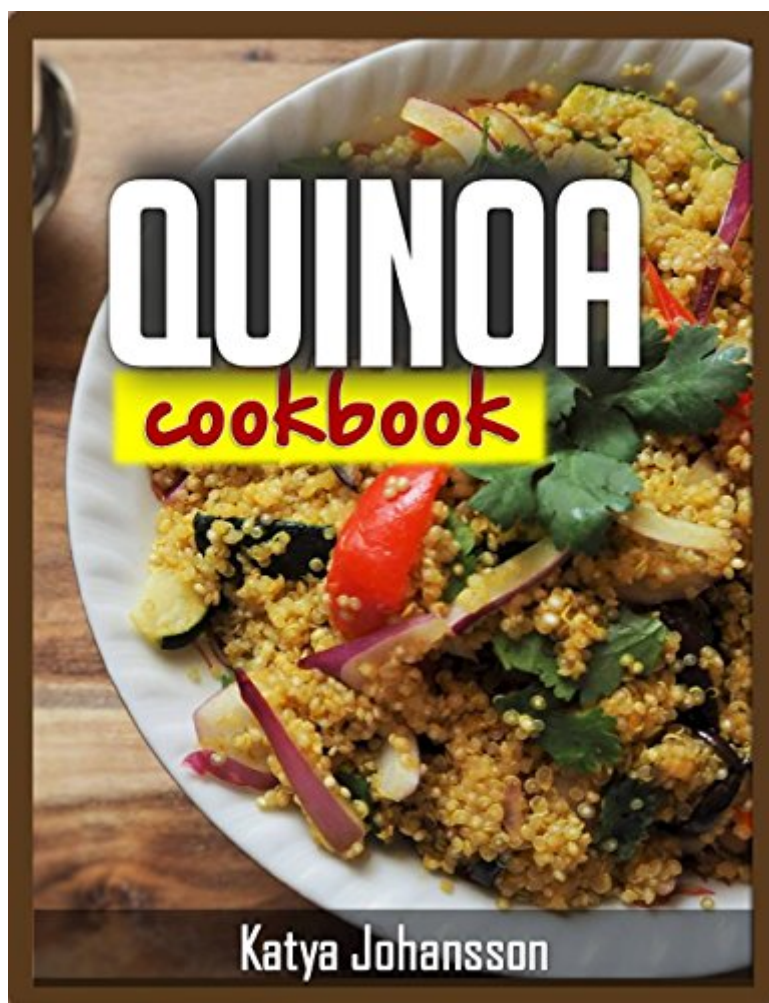


The book was found

Quinoa Cookbook: Top Quinoa Recipes For Rapid Weight Loss (Quinoa Superfood)



Synopsis

Quinoa Cookbook:Â Top Quinoa Recipes for Rapid Weight Loss (Quinoa Superfood)"Want to get access to some delicious, quick and easy quinoa recipes?Â What are you waiting for? Download your copy TODAY!"Quinoa is native to Bolivia and is a grain crop grown primarily for its edible seeds which are considered the perfect gluten-free substitute for pasta, rice or couscous. It is not really a cereal grass at all, it only simulates cereals, and therefore it is called a pseudo- cereal. It contains complete protein, which means it provides all nine essential amino acids necessary for good health. Amino acids are responsible for strong muscles, for working up powerful immune systems and to keep our bodies healthy. Some studies also show quinoa flour to have high digestibility.After reaping, the seeds must be processed to remove the coating which is bitter. The quinoa as sold in stores has been decorticated, to remove this bitter coating. The bitterness has favorable effects during cultivation in the breed field, being a security measure against birds and therefore requiring minimal protection.Due to the delicate flavor, crunchy texture and rich protein content, quinoa is also frequently mixed into gluten-free flour that can be used in cooking.While quinoa can be eaten in the same way as a grain, we do not meet the nutritional shortcomings of other grains.Major studies have already demonstrated the ability of quinoa to lower total cholesterol and help maintain levels of HDL "good" cholesterol.Here Is A Sneak Peak Of The Recipes In This Book:Quinoa saladQuinoa and Spinach SaladCucumber & bell pepper quinoaQuinoa Tabbouleh SaladQuinoa and Grilled-Pepper SaladQuinoa salad with dried fruitQuinoa TortillasQuinoa with Chickpeas and TomatoesQuinoa with VeggiesQuinoa Macaroni & Cheese Blend RecipeQuinoa with Almonds and FetaHot Quinoa SaladQuinoa pasta, quinoa and brown rice - coming soon :)Go ahead - grab your copy Now!â†â†...â†â†See you on the inside!Â â†â†...â†â†

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