



Quinoa Recipes: The Complete Cookbook For The Grain Free Diet

Karen Follett

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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. Health and wellness is a major platform being bandied about and quinoa is one of the major players in that. To be healthy and to accrue the benefits that quinoa has one has to read the book to learn the best ways to incorporate it into the diet. About the Author: Karen Follett has always been interested in recipes and has been collecting them ever since she was young. As she grew older she became more interested in the healthier recipes as she learned the negative effects that certain foods can have. While gathering her information she came upon quinoa which is said to be one of the Superfoods. She decided to find as many recipes as she could on the subject as quinoa had quite a number of health benefits among other things. It is also great for individuals that have gluten intolerance. After collecting and trying a number of recipes Karen made the decision to share her favorites with as many persons as she could. This led to the compilation of the book.

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Marisa Reber:

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