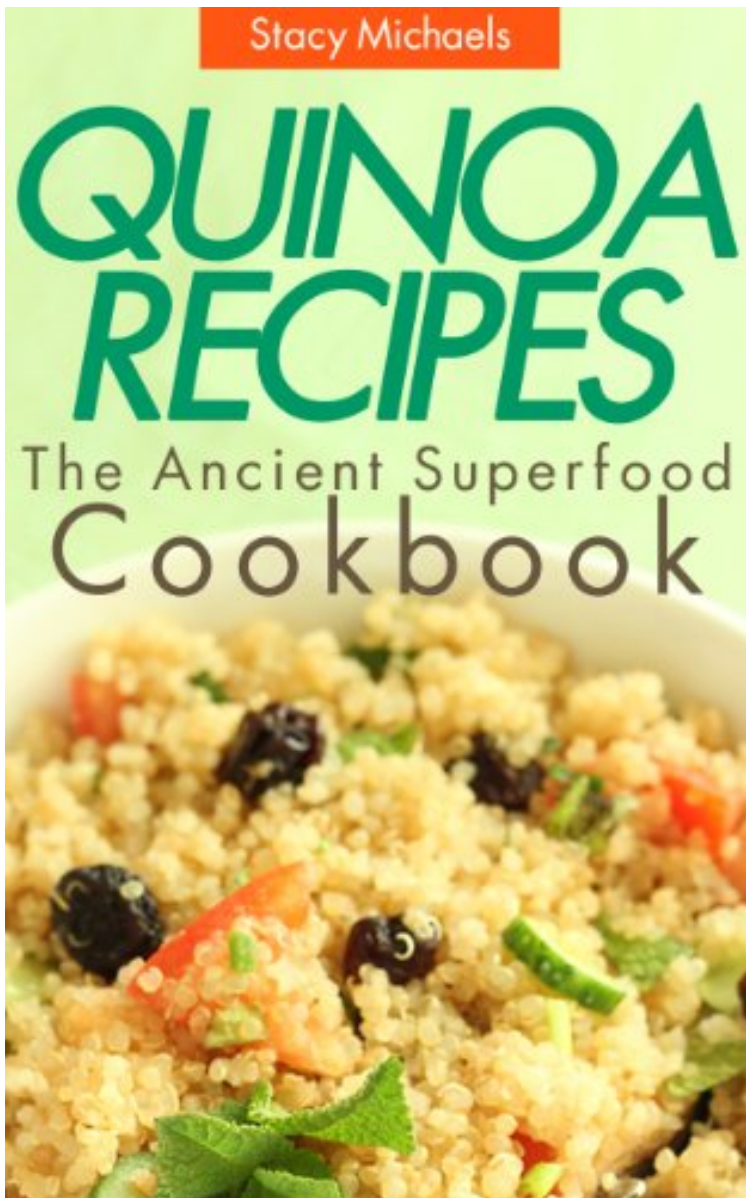


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Quinoa Recipes: The Ancient Superfood Cookbook (English Edition)



Par Stacy Michaels
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Description :

Prsentation de l'diteurQuinoa is a highly nutritious food from South America that was once considered "the gold of the Incas." The Incas of South America considered it sacred and used it in their rituals. They referred to it as chisaya mama or mother of all grains, with the Inca emperor sowing the first seeds of the season using 'golden implements. Quinoa is higher in amino acids and protein and can be easily substituted for almost any grain, as it is gluten free. Rich in proteins, iron, calcium, potassium, and copper, quinoa has been

scientifically proven to help prevent type 2 diabetes, childhood asthma, heart diseases, gallstones and migraines. This book will provide you with some fundamentals about quinoa, including a brief overview of the history of quinoa and the Inca civilization, why quinoa is considered a superfood, the various types of quinoa, how to buy and store bulk quinoa, how to grow quinoa, how to make homemade quinoa flour, and how to properly cook quinoa. You will also get 50 delicious and mouthwatering recipes that will highlight the remarkable versatility of quinoa. With these recipes, you will be able to make breakfast, salads, soups, main course meals, and even desserts. So isn't it time that you discover the amazing health benefits of the quinoa?

Présentation de l'auteur Quinoa is a highly nutritious food from South America that was once considered "the gold of the Incas." The Incas of South America considered it sacred and used it in their rituals. They referred to it as *chisaya mama* or mother of all grains, with the Inca emperor sowing the first seeds of the season using golden implements. Quinoa is higher in amino acids and protein and can be easily substituted for almost any grain, as it is gluten free. Rich in proteins, iron, calcium, potassium, and copper, quinoa has been scientifically proven to help prevent type 2 diabetes, childhood asthma, heart diseases, gallstones and migraines. This book will provide you with some fundamentals about quinoa, including a brief overview of the history of quinoa and the Inca civilization, why quinoa is considered a superfood, the various types of quinoa, how to buy and store bulk quinoa, how to grow quinoa, how to make homemade quinoa flour, and how to properly cook quinoa. You will also get 50 delicious and mouthwatering recipes that will highlight the remarkable versatility of quinoa. With these recipes, you will be able to make breakfast, salads, soups, main course meals, and even desserts. So isn't it time that you discover the amazing health benefits of the quinoa?

Biographie de l'auteur Stacy Michaels is a Nutrition Consultant, Culinary Nutrition Expert, Wellness Expert. After going through her own personal fights with higher-than-normal cholesterol and weight management problems, Stacy decided to focus her energy on nutrition and personal fitness. Today, Stacy's true passion lies in taking her experiences, education, successes, and failures to help others find the genuine healthy path to a lean, strong, and sexy body. Today, Stacy has a strong, healthy body that she feels comfortable in. Establishing this pillar in her life has enabled her to be free to help others achieve the same. Stacy's fixation is no longer on just physical fitness. Rather, her main focus is to be as healthy as possible so that she can give as much as possible to others. Stacy believes that by combining all of the dark times she went through with her own physical self and her education, she is able to speak to people on a level that she otherwise wouldn't have been able to. Stacy believes that life is about more than dieting. She wants to reach everyone who is looking for real freedom in regards to nutrition and exercise and show them the path that is the simplest, healthiest, fastest way to get to where they want to go.