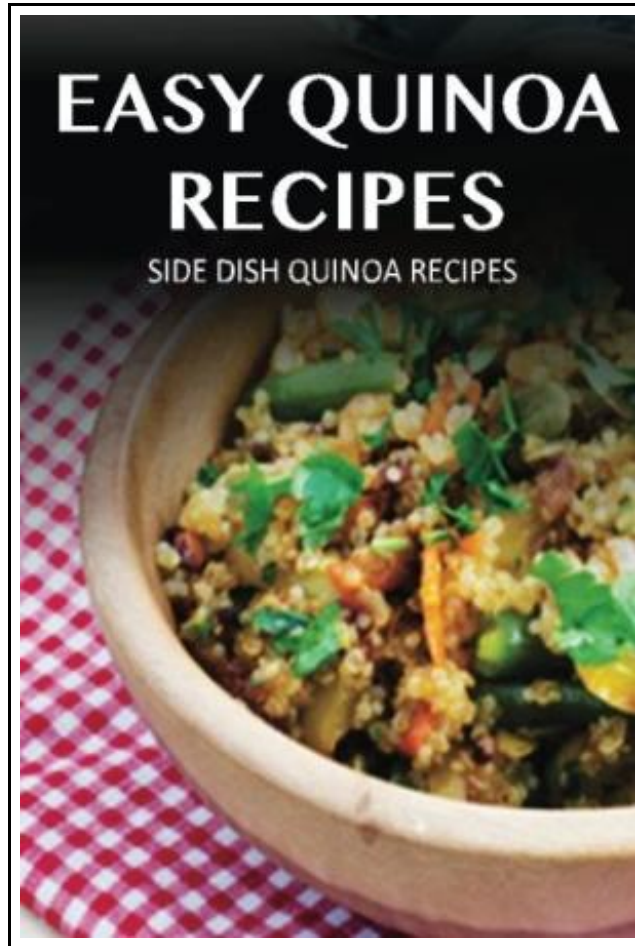


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Reviews

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(Dr. Pat Hegmann)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Quinoa is a type of edible seed that is harvested from grain-like crops belonging to the genus *Chenopodium*. Though it is not a true cereal grain, quinoa is often used in a similar manner as an ingredient in breakfast dishes, baked goods and more. The name quinoa is derived from the Spanish name for the food, kinwa. This food has been consumed by humans for over 3,000 years and it is valued for its excellent nutrient content. Unlike many cereal grains, quinoa is a good source of calcium, phosphorus and iron - it also contains several essential amino acids. Many people refer to quinoa as a super food because it provides a number of significant health benefits. One benefit of quinoa is that it contains more protein than rice, millet and wheat. This food is also a good source of riboflavin which has been linked to improved energy metabolism in the brain and muscle cells. In addition to protein and riboflavin, quinoa is also a good source of fiber - in fact, it contains almost twice as much fiber as other grains. Dietary fiber is important for helping to lower cholesterol and blood sugar levels which may also help you to lose weight. Not only does quinoa provide a number of health benefits, but it is also very versatile - this food can be incorporated into many different recipes. Start your day off with a bowl of cinnamon raisin quinoa or a plate of baked chocolate-almond quinoa. For main entrees, quinoa can be used in dishes like quinoa-crusted tuna steaks, chicken soup and even veggie burgers. You may be surprised to find that quinoa can even be used...

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