



The Quinoa Master Cookbook: Delicious Everyday Quinoa Recipes For A Healthy Lifestyle & Weight Loss

Melanie Groth, Ann Gray

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The Quinoa Master Cookbook: Delicious Everyday Quinoa Recipes For A Healthy Lifestyle & Weight Loss brings together best Quinoa recipes that you wouldn't find anywhere. Get you favorite pasta, salad Quinoa recipes to name a few.

Quinoa is a complete protein, making it a favorite of Vegetarians especially. It is low in calories and fat, and packed full of nutrients. Quinoa has more fiber, phytonutrients, amino acids, vitamins, minerals, and antioxidants than any other grain. The most important amino acid being Lysine which is essential for healthy tissue growth as well as repair.

Quinoa not only has the ability to maintain good health, but advisable for health conditions such as heart disease (through reduction of cholesterol) reducing the risk of developing coronary heart disease, congestive heart failure and heart attacks. Quinoa is also excellent for those with an overweight condition or gluten intolerance.

Additionally, quinoa is also associated with having a positive effect on toxin elimination from the body as well as reducing the risks of gallstones and breast cancer.

Get a complete set of recipes for breakfast, salads, entrees and sides, deserts to choose from.

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Kathleen Hernandez:

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