



Quinoa Recipes: The Ultimate Guide

Johanna Davidson

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* The Ultimate Quinoa Guide *

One of the latest superfoods to be touted by health fiends and the like is quinoa. And with good reason too. Quinoa is stocked with life-sustaining nutrients all across the board, including all eight essential amino acids. There are other highly beneficial compounds, vitamins and minerals in this food. We have collected 50 of the most delicious and best selling recipes from around the world. Enjoy!

- DID YOU KNOW -

Quinoa is a great cholesterol-free and low-fat source of protein for vegetarians and vegans.

Quinoa is a great source of iron and fiber.

Quinoa is gluten-free and considered good for digestion.

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