



Quinoa Cookbook: The Complete Guide for Quinoa Recipes

Emma Schalk

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Quinoa Cookbook: The Complete Guide for Quinoa Recipes Food is the basis of our existence; good dishes are the foundation for a balanced health. Instead of using extensive charts and formulas, healthy dishes can now be created in a very simple way. A crop plant cultivated for thousands of years in the high mountainous Andes finally draws all the attention to itself: quinoa proves to become the new miracle food which, alone, occupies the top position of the list of healthy basic foods. The best, however, is the incomparably good quinoa taste and it is more versatile than any grain. This cookbook is therefore devoted only to quinoa recipes. Easily created dishes may be used on the basis of quinoa for every meal. Whether you are looking for a new health breakfast or a fancy food composition for elegant occasions, quinoa is there to help. The hearty, nutty flavor can be easily used in delicate starters or main dishes, soups, energy bars, bread and party snacks or transformed into a glamorous dessert. There are no limits to your imagination. Quinoa is one of the most versatile basic ingredient and indisputably one of the healthiest. The versatility, of course, also means that cooking is now effortless, while the lifestyle of youthful energy from yesterday returns. Who would ever say no to this? Treat yourself to a health tip-interlaced compilation of the best quinoa recipes with suggestions for daily composition from breakfast to dinner.

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