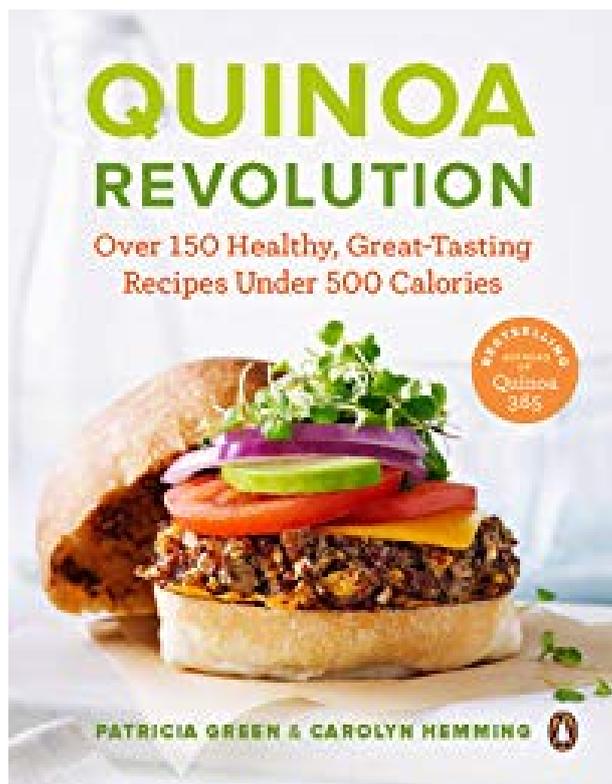


# Quinoa Revolution



<b>Goodreads Rating:</b>	4.02
<b>ISBN13:</b>	9780143183785
<b>Genre:</b>	Food and Drink
<b>Language</b>	English
<b>Author:</b>	Patricia Green
<b>Published:</b>	October 2nd 2012 by Penguin Canada
<b>Pages:</b>	224
<b>ISBN10:</b>	0143183788

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Revolutionize your meals with quinoa—nutrient-dense, versatile, gluten-free, and a great-tasting ancient superfood! Quinoa Revolution will help you transform your traditional eating habits with 150 new and great-tasting gluten-free recipes, all under 500 calories per serving! Bestselling authors of Quinoa 365 Patricia Green and Carolyn Hemming share how the ancient superfood quinoa is revolutionizing the lives of people everywhere, addressing numerous health and lifestyle concerns such as weight loss, vegetarian and vegan diets, food allergies, gluten-intolerance, disease prevention, athletic training, diabetes, heart conditions, and more. Quinoa Revolution has everything to show you how to cook with this superfood including tips and tricks for preparation. The book provides solutions for cooking quinoa in a variety of liquids, grinding your own flour, and using sprouted quinoa. Quinoa Revolution demonstrates the extreme versatility of quinoa and how to increase your nutrition and revamp what you're eating now—with recipes that are great tasting and healthy. In addition to being one of the world's healthiest foods, quinoa's long list of amazing properties are what make it so versatile in any number of recipes. Quinoa Revolution shows how quinoa is not only used to boost nutrition, but how it can be used for any of its unique characteristics including to enhance taste or texture, to thicken, hold moisture, replace gluten, increase protein, and more! Quinoa is more than just salads! In everything from light snacks to full meals and even dessert, this nutrient-superior superfood plays a role. Enjoy healthful recipes like Red Velvet Waffles, Carrot & Raisin Sprout Salad, Chipotle Corn Chowder, Barbeque Beef Lettuce Wraps, Healthy Baked Quinoa Falafels, Quinoa Lasagna, Black Forest Goat Cheese Brownies, Peanut Butter Chia Cookies, and more!