



Snack Dessert Quinoa Recipes

By Marriah Tobar

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.



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