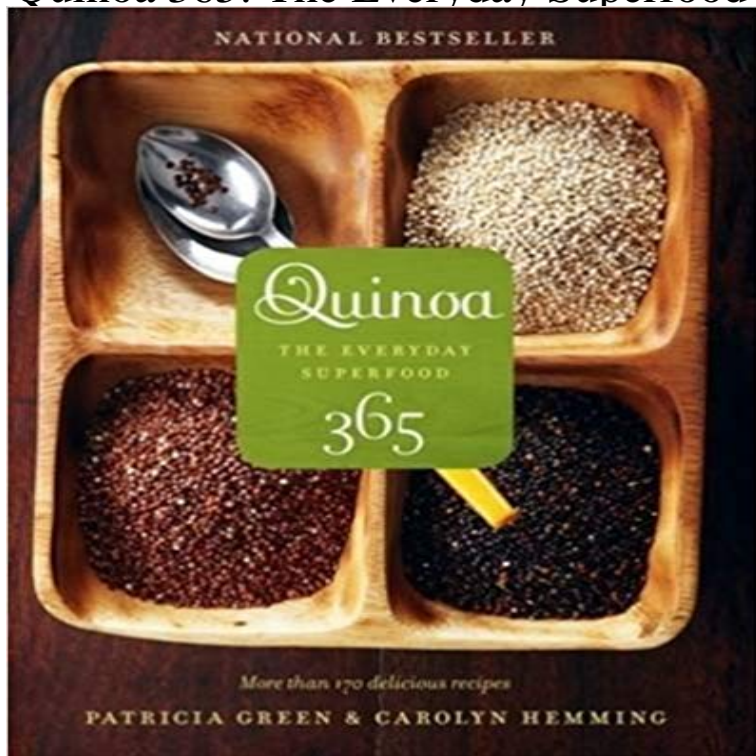


## Quinoa 365: The Everyday Superfood



One of the worlds healthiest foods, quinoa contains a perfect balance of all eight essential amino acids, and is a great source of protein, making it an increasingly popular food choice for those looking to incorporate superfoods into their everyday diets. Gluten-free, wheat-free, and nutrient-packed, quinoa is ideal for those who are health-conscious, vegetarian, and/or physically active, as well as for those with gluten intolerance, wheat allergies, and other digestive disorders. But thats not all: You can eat quinoa guiltlessly knowing its free of cholesterol and trans fats. In Quinoa 365 sisters Patricia Green and Carolyn Hemming show you how to use this miraculous superfood in all your favourite dishes.

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