



## Quinoa Revolution: Over 150 Healthy Great-tasting Recipes Under 500 Calories

*Patricia Green*

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Transform your traditional eating habits with 150 new and great-tasting quinoa recipes, all with full nutritional breakdowns and all under 500 calories per serving!

Bestselling authors Patricia Green and Carolyn Hemming are back with a brand new book that addresses numerous health and lifestyle concerns such as weight loss, vegetarian diets, food allergies, gluten intolerance, disease prevention, athletic training, diabetes, and heart conditions.

In addition to being one of the world's healthiest foods, quinoa has a long list of amazing properties that makes it so versatile in any number of recipes. *Quinoa Revolution* shows that quinoa is not only used to boost nutrition, but that it can also enhance taste or texture, thicken, hold moisture, replace gluten, increase protein, and more!

Learn tips and tricks for the preparation of quinoa, solutions for cooking it in a variety of liquids, instructions for grinding your own flour, and guidelines on how to use sprouted quinoa. Discover healthful recipes such as Chipotle Corn Chowder, Red Velvet Waffles, Korean Barbeque Beef Wraps, Carrot and Raisin Sprout Salad, Black Forest Goat Cheese Brownies, Ginger Peach Crisp, and Hot Apricot Matcha Breakfast Cereal. From light snacks to full meals and even dessert, this nutrient-superior superfood can play a role.



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