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Quinoa Recipes: 125 Quinoa, Superfood Recipes for Weight Loss Clean Eating (Paperback)

By Ashley Peters

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover These Amazingly Quick, Easy Healthy Quinoa Recipes! No matter if you are a fan of quinoa or a beginner in incorporating it into your meals, this book packed with quinoa recipes is exactly what you need to start creating some of the most delicious dishes that you can imagine! While there are many recipes that will have you pairing quinoa with vegetables, such as carrots, sweet peppers, and tomatoes, others are more unique and innovative. Salads, breakfast dishes, and vegetable stuffings are just some of the many ways in which you can incorporate quinoa into your daily meals. And considering the numerous health benefits that are offered by the grain, you will be delighted to learn how to prepare these many recipes that you can test on your family and friends for a meal they will not soon forget! This book contains 125 Quinoa recipes, one for every day for several months, depending on when you choose to serve them. Check out the amazing recipes below! Blueberry Coconut Breakfast Quinoa Recipe Quinoa Turkey Meatball Side Dish Recipe...



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Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.

-- Tom Fisher

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly.

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