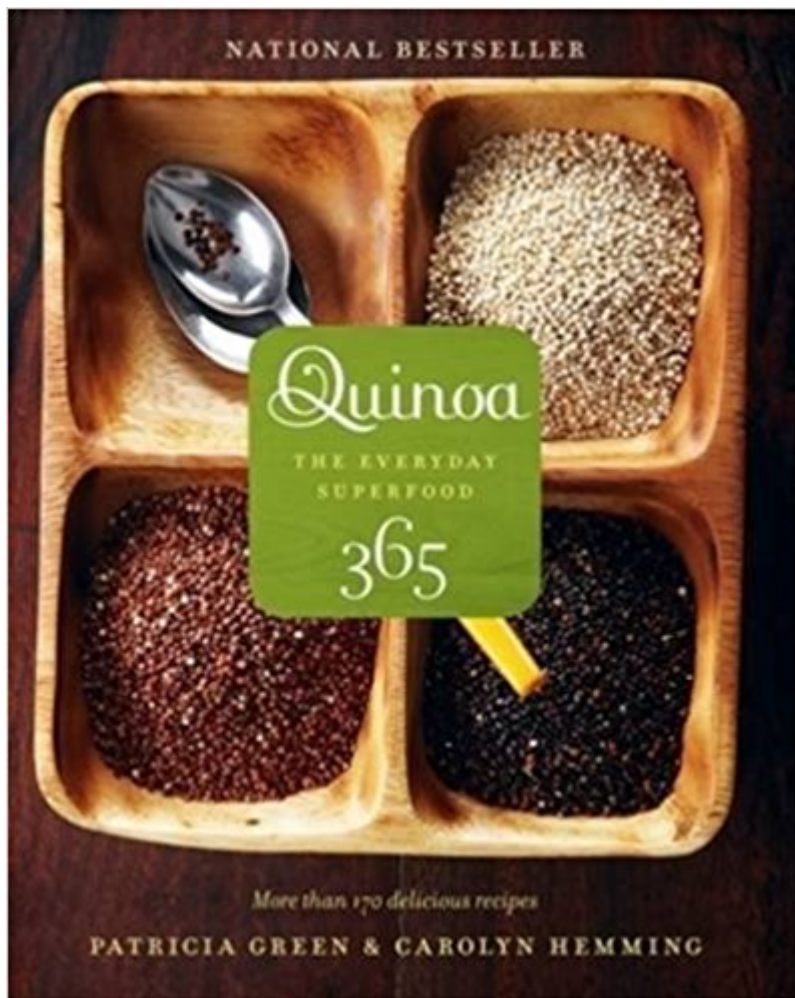


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Quinoa 365: The Everyday Superfood



Synopsis

One of the world's 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 that's not all: You can eat quinoa guiltlessly knowing it's 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.

Book Information

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Customer Reviews

Patricia Green and Carolyn Hemming are sisters and are both passionate about healthy living.

Patricia is a physically active mother of two, while Carolyn is busy balancing career and fitness goals. Both love exploring superfoods and new meal ideas.

Incorporating healthy alternatives into your everyday lifestyle is simple when you use quinoa. The versatility of this superfood makes it easy to bridge the gap between already-established eating habits and increasingly nutritious food choices.

Quinoa is rapidly becoming a favorite part of my menus. It is gluten free (making it friendly food for

some of my friends who have gluten problems); it is a great protein source (the part of me that is interested in vegetarian recipes is always on the lookout for such foods); it is easily included in a variety of tasty recipes (one of the problems that I have encountered is that there are also some pretty bland quinoa recipes--why cook if the end result is healthy but not very tasty?). As the book says at the outset (Page 1): "Nutrient-packed quinoa has sparked the interest of the health-conscious, those seeking weight loss and those on high-protein diets." Note the nutrition table on page 2. Quinoa is easy to prepare (somewhat like rice--water, quinoas, cook for awhile, let stand for a bit), although there are other ways of preparing it as well. A nice (albeit brief) feature of this book is an essay on quinoa and its history (pages 9-10). Then, the recipes. Different chapters consider: breakfast; appetizers, sides, snacks, and salads; soups and stews; entrees--both meat and vegetarian; treats--such as cookies and muffins; desserts; baby food (I haven't seen too many cookbooks with this entry!). Some sample recipes. Ultimate Granola (with ingredients such as oats, almonds, pumpkin seeds, sunflower seeds, uncooked quinoa, sesame seeds, coconut, walnut pieces, maple syrup, vanilla extract, cinnamon, cranberries and raisins). Mix the nuts etc. Combine maple syrup and vanilla. Blend the two components well. Put on a baking dish and bake. Nice, tasty, and simple! Other breakfast dishes to illustrate: Quinoa pancakes; Quinoa hash browns; Light and fluffy eggs. Appetizers, sides, snacks, and salads. Quinoa tabbouleh; Stuffed mushrooms. Soups and stews: Black bean soup; Leek and potato soup (I love this item, and I collect recipes; this is one of the better ones in my collection); Beef and sweet potato tagine on quinoa. Entrees: Chicken broccoli casserole; Thai cashew chicken and broccoli on quinoa; Chicken fried quinoa; Roasted vegetable tilapia in quinoa; Cheese and spinach frittata (a goof frittata is a simple, delightful pleasure). Anyhow, the recipes listed are tasty (either from closely examining the recipes or from actual experience). It is possible to combine tasty meals with healthy food!

This book is a Godsend and it was highly recommended to me. Boy, am I glad I took the recommendation and got this book! Quinoa is healthy and gluten free and rich in protein. Dr. Oz and Dr. Andrew Weil have long sang the praises of this super food. You can cook quinoa and add it to just about anything you want to make and serve. I've enjoyed the Quinoa Cereal as a morning meal and use this in place of rice. I like the way this book describes quinoa in detail and the health properties and individual features of different types of quinoa. You can make a variety of wonderful vegetarian as well as meat dishes with quinoa. It, like tofu can be used with absolutely everything. Each chapter breaks down the various ways you can prepare quinoa meals. You have a chapter on just about every meal category including snacks and appetizers. You also get a good

selection of menus including baby food. This book covers the nutritional needs for all ages. Not only are your meals nutritious and delicious, they are fun to make and also cost efficient. Why buy a large bag of granola when you can make your own and you know exactly what is going into your food? This book is a gift that keeps giving.

I use and love this book as the one that taught me how versatile quinoa is in the kitchen. It's not a gluten free cooking book, if that's what you're looking for - one of the one star reviews was peeved because they thought that's what they were buying. What it is, though, is a very approachable cookbook that will educate you on how to use quinoa in every day dishes and what value quinoa has in your diet. One of the coolest things this book taught me to do is bake with quinoa. When I do need to make a recipe gluten free, I use Bob's Red Mill Gluten Free One to One flour and enjoy success every time with the recipes here. Another rather shallow observation - the book is gorgeous! Lovely graphics, crisp presentation.

So I love and hate this book. This book has given me a lot of good ideas on how to make my favorites foods healthier by adding or replacing with quinoa. However, I wish there were more illustrations. This isn't such a big deal but I like to see how my food should look. Another downside, some recipes literally just add quinoa and call it a day. Leek and potato soup isn't that much better because you added a cup of quinoa. I did like a lot of the revamped options like the gluten free cheese sauce. I love love mac and cheese which means I love cheese sauce but the triple dipping of flour, cheese and then the pasta can leave you feeling like you just ate about 6lbs. The gluten free option is great for healthy eater like me or for anyone who needs gluten free options. As are many of the recipes in this book. If nothing else, this book is great for anyone who wants to incorporate quinoa in their diet but has no idea where to start. There may be a lack of pictures but there is no lack of recipes from everything like soup, salad, and sweet treats.

I have really not utilized this book as much as I would have liked (busy life). I do find myself using the quinoa more often and have become more familiar with cooking with the grain since I purchased the book.

I am totally serious. You may find other things that you like in this book, but the chocolate cake recipe here is one of the best! You will never need to apologize for serving a gluten free chocolate cake when you use this recipe! It is one of the best chocolate cake recipes ever! Gluten free or not!

Quinoa is a nearly perfect seed (grain) for nutrition. This book will guide you into ways of using Quinoa in a variety of ways that can improve your overall health by using this nutritious seed. Good nutrition need not always be bland.

This is a great recipe book! I use it often, and bought a couple more to give as Christmas gifts. If you would like some good recipes using quinoa, this is the book for you!

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