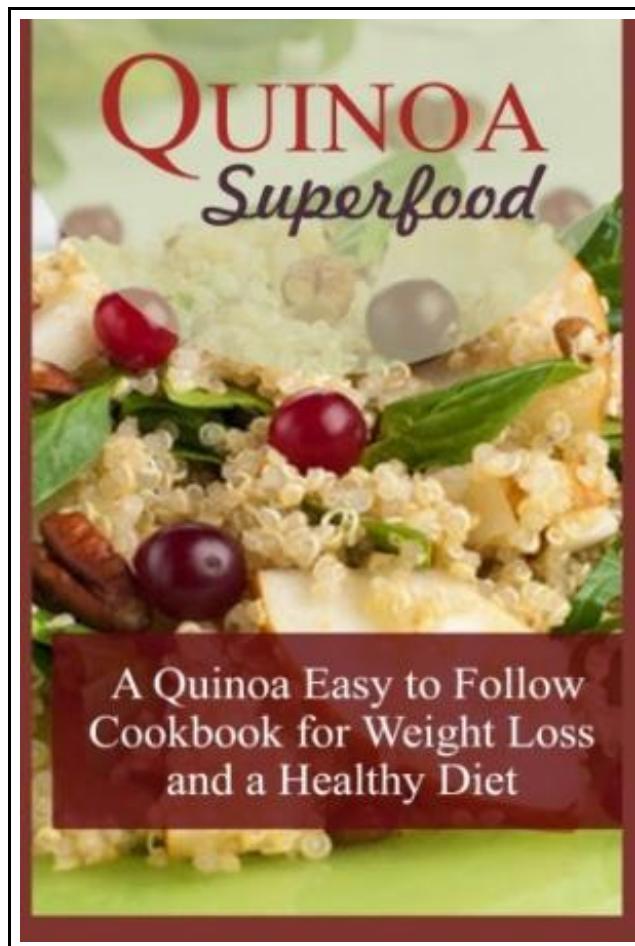


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you interested in eating healthy and improving your overall well being? Have you ever considered implementing quinoa into your diet for a huge improvement in your health? Quinoa is an edible pseudo cereal, which is rich in protein content. The nutrient composition of this seed is better than the common cereals used by us. Quinoa is known as the super food as it is a source of complete protein needed by the body and is a good source of dietary fiber, calcium, magnesium, iron and phosphorus. It is gluten free and is easy to digest. Quinoa seeds contain many essential amino acids like lysine. The coating of the quinoa seeds contains saponins, which gives it a bitter taste. After harvesting, the seeds are processed to remove the coating. Quinoa can be cooked just like rice and can be used in a wide variety of dishes. Cooked Quinoa has a distinctive earthy flavor. Quinoa is actually a seed, but it is considered to be a whole grain. It can be prepared like rice and barley. It is one grain that takes very less time to cook than other whole grains. Normally, quinoa can be cooked in 10 to 15 minutes if it is soaked in water for a few minutes. Quinoa has a good and distinctive taste and it can also be eaten in cooked state. Adding a bit of olive oil or lemon juice or sea salt will add special and unique flavor to quinoa. It is a perfect healthy food for vegetarians as it is gluten free as well as cholesterol free.

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