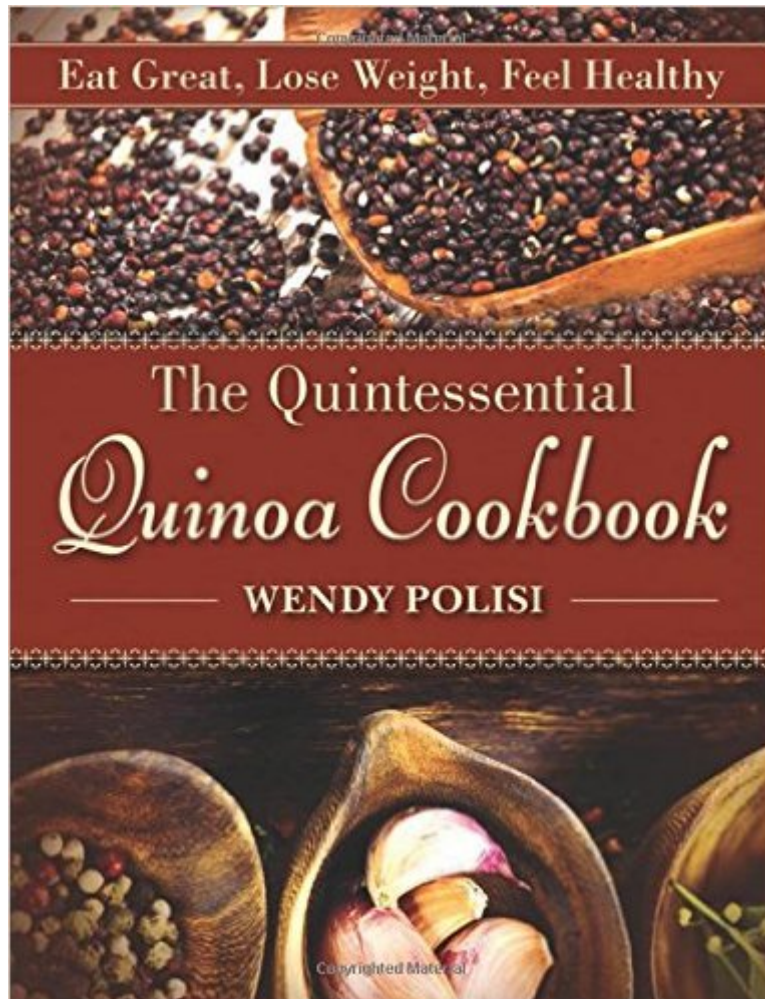


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# The Quintessential Quinoa Cookbook: Eat Great, Lose Weight, Feel Healthy



## Synopsis

With over 200 pages of quinoa-inspired cuisine, The Quintessential Quinoa Cookbook is unlike any other quinoa cookbook. Inside you'll find Wendy's exclusive, hand-crafted recipes, photographs of every recipe, nutritional information for every recipe, and alternative ingredients and preparation methods. Included are vegan, gluten-free, sugar-free, fast & easy, eating clean, quinoa recipes for kids, and even desserts! Let's take a quick peek at the recipes included: Strawberry Spinach Quinoa Salad, Black Bean and Quinoa Tostadas, Quinoa Burgers, Almond Fudge Quinoa Brownies, Sun-Dried Tomato and Goat Cheese Pizza, and much more!

## Book Information

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Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (85 customer reviews)

Best Sellers Rank: #445,378 in Books (See Top 100 in Books) #109 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #5164 in Books > Cookbooks, Food & Wine > Special Diet

## Customer Reviews

'The Quintessential Quinoa Cookbook' certainly lives up to its title. With over 200 pages of content it covers pretty much everything when it comes to cooking, and baking!, with Quinoa. The pictures of the recipes, all by the author herself, are gorgeous and give you a good impression what the finished meal will look like. The recipes themselves are easy to follow and have all nutritional information included. A nice touch are the recipe variations for people that follow a special diet, like vegan, gluten free or eating clean. Each recipe follows a clear set-up with list of ingredients needed, a photo (or more!) of the finished meal, cooking and baking directions, the necessary additional steps to make it vegan, gluten-free or cleaner and the relevant nutritional information. The directions are easy to follow, detailed without getting boring and there are also some useful general cooking and baking tips interspersed, like how to make perfectly brown pancakes. A well thought out index, the food photography and some beautifully designed transitional pages make this book real eye

candy, but its true value lies in its recipes that prove over and over again that healthy food can be yummy and doesn't have to be boring at all. This Quinoa cook book really made me run to the next health store to stock up on my Quinoa supply and start out to try some of the recipes! If you care, like me, for healthy eating AND don't want to compromise on taste and visual appeal of your meals, this cook book is right for you. Whilst the book is aimed mostly at vegetarians, there also a few dishes included for 'meat eaters' and obviously, all the side dishes, salads and so on can be easily combined with a nice steak or healthy steamed fish. Healthy food has never tasted so good!

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