



We Love Quinoa: Fresh and Healthy Inspiring Recipes

Karen S. Burns-Booth, Carolyn Cope, Jassy Davis, Kristina Sloggett, Jackie Sobon

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Home cooks continue to look for healthy options to serve their families, and superfoods like quinoa have been at the top of the list for the last few years. Quinoa is a complete protein (it contains all of the essential amino acids) and is packed with nutrients, making it popular particularly among vegetarians and vegans, as well as those trying to eat less meat. Plus it's gluten-free, so it has found a home with those who have a gluten sensitivity.

In *We Love Quinoa*, food and healthy lifestyle bloggers with a passion for creating healthful recipes share their delicious recipes for quinoa, from snacks and drinks to salads, soups, mains, desserts, and more. Beautifully designed with 100 simple recipes, *We Love Quinoa* is the perfect companion for anyone looking to boost their diet with the powerful goodness that quinoa provides.

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