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Quinoa: The Everyday Superfood: 150 Gluten-Free Recipes to Delight Every Kind of Eater

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In recent years, quinoa has gained a place in America's pantries because of its versatility and amazing health benefits. The ancient grain--which is really a seed--is gluten-free, a protein powerhouse, and rich in many other nutrients, making it a perfect substitute for wheat and other grains. But incorporating a new food into your diet can take some inspiration and guidance.

With *Quinoa: The Everyday Superfood*, a collection of over 150 simple, out-of-the-box recipes featuring the delicious super grain, you'll learn how to use quinoa beyond a basic salad or side. From satisfying breakfasts like Almond and Coconut Quinoa Porridge, to delicious snacks like Cauliflower Quinoa Fritters, to creative entrees like Black Bean and Quinoa Veggie Burgers, *Quinoa; The Everyday Superfood* will teach you how to incorporate this enticing ingedient into satisfying everyday meals that will boost your nutrition and revamp the way you eat. Our book offers:

- 150 Recipes
- Icons indicating vegetarian, vegan, dairy-free (highlighting the types of eaters that make up "everyone")
- Simple ingredients
- Out-of-the-box yet accessible recipes (more than just salads and sides, this book teaches you how to use quinoa to its full potential)
- 4-color photos throughout

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Jack Morgan:

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