

[PDF] 40 Top Quinoa Recipes For Weight Loss

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Description:

Limited Time Bonus Offer Get FREE instant access to 5 Amazing Weight Loss Reports and discover how to lose weight quickly and keep it off for good. Look inside for details...

Are you looking for a delicious gluten-free carbohydrate that is easy to prepare? Do you need to be extra careful with your diet and eat food packed full of the right nutrients?

Quinoa is gluten-free, high in fiber, protein and low in fat and calories. It is the ideal food for people with diabetes mellitus, heart or kidney disease, anaemia and gluten intolerance. Quinoa is full of essential vitamins and minerals and all of the amino acids, making it a complete protein food.

Quinoa is quick and easy to prepare, simply rinse and simmer in water. It can be eaten plain, as a

salad, main, side dish or even dessert. It is so versatile.

Check out these recipes that you'll find inside:

- Mediterranean Summer Salad
- Cranny Quinoa
- Berry Nice Salad
- Mint Tabouli
- Quinoa with Black Beans in Sauce
- Spinach and Tofu Quinoa
- Spicy Quinoa Pilaf
- Berry Sweet Quinoa
- Mexican Quinoa Casserole
- Dessert Bar

All of the recipes in this book are gluten-free, healthy and delicious. You may need to double the amount you make! Once you have tried Quinoa, it will become a regular feature in your diet. Eat it for breakfast, lunch, dinner or snacks.

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