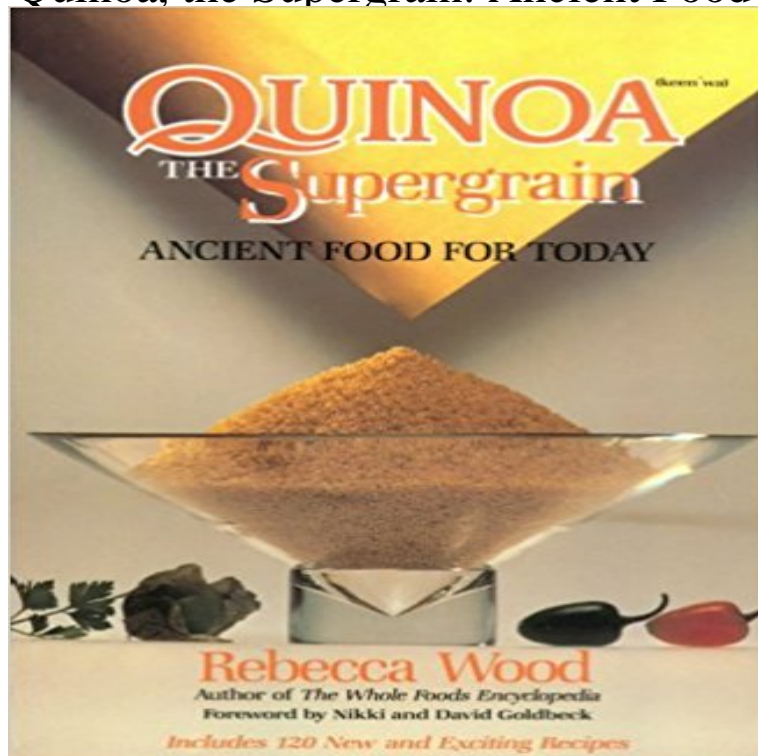


## Quinoa, the Supergrain: Ancient Food for Today



Native Andean populations have cultivated the quinoa grain (quinua or quinoa in Spanish) for thousands of years. The Incans ate quinoa to supplement their diet of corn and potatoes. Quinoa thrives at high altitude, making it well-suited for the famous terraced fields found in ancient South American cities such as Machu Picchu. Quinoa is also rich in iron, important for people living in high-altitude, oxygen-poor areas like the Andes. And unlike wheat, quinoa is gluten-free, making it easier to digest for many people. Quinoa can be cooked like rice and adds wonderful texture to soups and salads. It makes a crunchy breading for fried chicken or fish. In South America it is commonly popped and sold as a nutritious cereal. The puffed cereal version is delicious in cookies and other baked goods. Breads made from quinoa flour are also becoming popular, both for their gluten-free properties and high protein content. You can even find pasta made with quinoa flour.

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**Is sorghum the new quinoa? Meet the trendy super grain** - Sep 18, 2014 But when it comes to all things food and nutrition, I know whats up. In terms of grains, everything old is new again, and this grain is positively ancient. to become the next supergrain, knocking quinoa out of the rice cooker. **Health Benefits of Quinoa, Ancient Super Grain for Modern Day Meals** Quinoa, the Supergrain: Ancient Food for Today [Rebecca Wood, David Goldbeck, Nikki Goldbeck] on . \*FREE\* shipping on qualifying offers. **Ancient Harvest Linguine, Gluten-Free, Quinoa : The ancient wheat species that could replace quinoa as the next** 1989, English, Book, Illustrated edition: Quinoa, the supergrain : ancient food for today / Rebecca Wood foreword by Nikki and David Goldbeck. Wood, Rebecca **Images for Quinoa, the Supergrain: Ancient Food for Today** For no-meat heat & eat, we serve the All-American favorites. Vegetarian Sloppy Joe. Quinoa the supergrain: Ancient food for today. New York, NY: Japan **10 ancient grains to watch: from kamut to quinoa** 75 Delicious Recipes for Quinoa, Amaranth, Chia, and Kaniwa Maria Baez Kijac Ricardo Ayerza Quinoa, the Supergrain: Ancient Food for Today by Rebecca : **Ancient Harvest Quinoa Shells, 8-Ounce Boxes (Pack** Quinoa, the Supergrain has 1 rating and 1 review. Marci said: I loved reading the history of this

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