



Quinoa Cookbook: Harness the Power of an Ancient Superfood (Paperback)

By Charity Wilson

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you heard all the hype about Quinoa? Is it truly this ancient superfood that we are just now discovering again? Quinoa Cookbook Unlocks The Mother Seed Quinoa is not only delicious but has quite the history. The Inca s referred to it as the mother seed and considered it sacred. It was their staple food for almost 5000 years until the Spanish conquistadors almost made it extinct when they made it illegal to be grown. It wasn't until the 1980 s that it was rediscovered by some Americans and started to be grown again in Colorado. That little seed thankfully refused to disappear. What Makes Quinoa Such A Powerhouse? The biggest thing for many people is that quinoa is gluten free. That is a blessing for people with celiac or those with gluten sensitivities. It is high in protein which is great for vegetarians and vegans who need that additional protein in their diet. When it comes to weight loss quinoa is like your best friend. It is a great complex carb that is low on the glycemic index which means it...



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Echo Library, United States, 2008. Paperback. Book Condition: New. Illustrated. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...



Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



The Adventures of a Plastic Bottle: A Story about Recycling (Paperback)

SIMON SCHUSTER, United States, 2009. Paperback. Book Condition: New. Children s Tk, Pete Whitehead (illustrator). Original ed.. 203 x 196 mm. Language: English . Brand New Book. Learn about recycling from a new perspective! Peek into this diary of a plastic bottle...



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Lucy Winters was an orphan since her parents passed away the year before in an Airplane Disaster. Being the only...