



Rena Patten's Best Of Quinoa

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Quinoa?pronounced keen-wah?is a grain, but not just any grain. It is considered to be almost a complete food. It is very high in protein, full of vitamins, gluten and wheat free, cholesterol-free and usually organic. And it is simply delicious.

In the kitchen, quinoa has a huge range of uses and lends itself beautifully to so many dishes. When cooked, it has a very delicate texture and is lovely in soups and sweets, and makes wonderful salads, pasta, breads and delicious vegetarian and non-vegetarian meals.

It is simple to prepare, easy to digest and most enjoyable to eat.

Best of Quinoa brings together the best of Author and Cook, Rena Patten's, previous cookbooks on the superfood that is Quinoa. With easy to follow recipes for breakfast, lunch and dinner, as well as soups, salads and so much more; there is something for every palate inside the pages of Best of Quinoa.

This exciting new collection of recipes is a must-have addition to every cook's repertoire.

(Rena Patten)

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