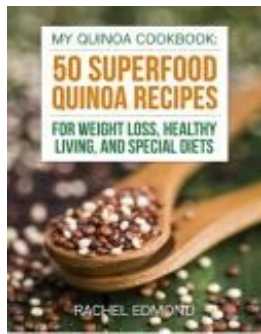


Quinoa Recipes Featured In New Free Amazon Cookbook, Easy And Healthy

Brandon Schoen February 21, 2014



[Easy Healthy Quinoa Recipes Amazon](#)

My Quinoa Cookbook, newly published by Little Pearl Publishing, offers easy and healthy quinoa recipes for the whole family. Regularly priced at \$2.99 on Kindle, the cookbook will be free as a digital download to Amazon customers Friday, February 21st.

([Newswire.net](#) -- February 21, 2014) Denver, CO -- Quinoa has transformed from a virtually unknown food to one of the most popular health foods in the world in just a matter of years. In fact, 2013 was declared the “International Year Of Quinoa” by the United Nations, showcasing its unique nutrient profile that helps people remove gluten from their diet while losing weight and providing their body with the protein and fatty acids it needs. My

Quinoa Cookbook by Rachel Edmond features fifty quinoa recipes that are both easy and healthy, helping people see how easy it is to add quinoa to their daily diet.

Commonly referred to as a “superfood”, quinoa has been consumed since 3000 BC by the indigenous people of the Andes Mountains in South America. Quinoa comes in over 250 varieties, its diversity making it one of the hardiest crops in the world. It took centuries for quinoa to migrate to North America, but now not only has it taken root in the United States, it is quickly growing in popularity around the world, including India, Asia, Africa, and parts of Europe.

Edmond was reluctant to incorporate quinoa into her diet at first, but when her doctor suggested that removing gluten from her family’s diet would help her and her husband **lose weight**, she decided to give the little grain a try.

“I was not only amazed at how **easy quinoa** was to prepare, but how versatile it was. I was able to incorporate it into so many meals and in so many different ways – it’s like healthy pasta you can eat at every meal!” she jokes.

My Quinoa Cookbook is divided into eleven sections, covering everything from breakfast, lunch, dinner, and dessert, as well as kid-approved recipes, salads and soups! Edmond also includes helpful hints on how to store quinoa properly as well as prepare it so that it doesn’t taste bitter or dry.

“I have become obsessed with **quinoa recipes** and their benefits. I’m so happy to be able to share the recipes that have changed my life with anyone who wants to do the same.”

Customers can purchase the quinoa recipe cookbook on [Amazon](#) while it’s still free today.

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Amazon Book:

<http://www.amazon.com/My-Quinoa-Cookbook-Superfood-Recipes-ebook/dp/B00IJ1ZSDG/>

Book Blog:

<http://littlepearlpublishing.com/quinoacookbook/>

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