



# Cooking Books: Cooking with Quinoa and Gluten Free

*Debra Laguire*

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# Cooking Books: Cooking with Quinoa and Gluten Free

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## **Cooking Books: Cooking with Quinoa and Gluten Free** Debra Laguire

Cooking Books Cooking with Quinoa and Gluten Free The Cooking Books are comprised of two sections, one being on cooking with quinoa and the other on gluten free cooking. Both diets work to help bring about healthy lifestyles in the choices of good diet plans. Both use foods other than wheat grain and gluten in the creation of bread portions of recipes. Quinoa shows to be beneficial in helping to treat conditions that may cause inflammation. Gluten free foods help to alleviate symptoms caused from gluten intolerance and gluten allergies. Each section in the book explains the diet plus delicious recipes. The Quinoa section covers informative reasons for being on the Quinoa diet. Learn all about what quinoa is. Read about the history of this awesome plant. Learn why it is so beneficial to consume and include in your recipes. Speaking of recipes try the delicious quinoa chicken recipes such as the Greek Pita, Yummy Chicken Burritos, Quinoa Stir Fry, and the Mexican Fiesta.

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