

**Cooking With Ancient Grains: 75 Delicious Recipes
Quinoa, Amaranth, Chia, And Kaniwa By Maria Baez
Kijac**

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brown grain food products are whole grains and white grains have been bleached and processed. But always check the food label and look for the "100% whole grains".

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Maria baez kijac (author of the south american

Maria Baez Kijac is the author of The South American Table (4.10 avg rating, 30 ratings, 7 reviews, published 2003), Cooking with Ancient Grains (3.75 av

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