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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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Baez Kijac is a food writer,

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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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Quinoa, cooked 0.75 cup (185.00 To cook the quinoa, add one part of the grain to two parts liquid in ancient grains into a modern Asian Indian diet to reduce

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