



Super Seeds: The Complete Guide to Cooking with Power-Packed Chia, Quinoa, Flax, Hemp & Amaranth (Superfoods for Life)

Kim Lutz

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Five super seeds—covered in one super volume! Chia, hemp, flax, quinoa, and amaranth are tiny powerhouses that deliver whopping amounts of protein, essential fatty acids, and great taste in every serving. Perfect for vegan, vegetarian, and gluten-free diets, they each get to take a star turn in these 75 mouthwatering recipes. Convenient and versatile, the seeds work wonderfully in everything from muffins and breads to salads, soups, and desserts. *Super Seeds* is a must-have for anyone interested in eating healthily . . . and deliciously.

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