



Kaniwa Recipes

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Kaniwa Recipes book includes recipes for salads, side dishes, and main dishes. Kaniwa is a nourishing powerhouse like quinoa. It is significantly rich in protein. It is also a source of antioxidants, zinc, fiber, iron, and calcium. Possibly not many people have heard of this great seed but when you get to know it, you realize that it is really wonderful.

Kaniwa has been around for years but only discovered recently. It is a kind of an ancient supergrain that originates from South America and can also be found in the Andes Mountain. Dark reddish-brown in color about half the size of a tiny quinoa seed, it cooks up quickly to resemble a smaller version of red quinoa. Kaniwa is a superb and nutritious alternative for any recipe that calls for grains

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