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By Rebecca Wood

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Although Quinoa is not really a grain, The seed of quinoa is an excellent food, Quinoa the Supergrain: Ancient Food for Today by Rebecca Wood.

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Ancient grains, modern marvel; author and grains guru Rebecca Wood. write about quinoa for her 1989 book "Quinoa the Supergrain: Ancient Food for Today."

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Jun 02, 1990 Its Nutritional Value Makes Quinoa Worth Rediscovering. according to Rebecca Wood in her book, ``Quinoa, The Supergrain: Ancient Food for Today."

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Rebecca Wood is the author of The New Whole Foods Encyclopedia (4.16 avg rating, 204 ratings, 26 reviews, published 1999), The Splendid Grain

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Quinoa, the Supergrain: Ancient Food for Today by Rebecca Wood, David Goldbeck (Foreword by), Nikki Goldbeck (Foreword by) starting at \$0.99. Quinoa, the Supergrain

This new cookbook by Camilla Saulsbury, 500 Best Quinoa Recipes, has some amazing recipes all with quinoa. From breakfast to dessert and everything in between, there Wonder Grain. Quinoa gains a big Equating the versatility of quinoa to rice, cookbook author Rebecca Wood was Wood published "Quinoa the Supergrain: Ancient

Quinoa (Basics) Passion Fruit Rebecca Wood, author of Quinoa, The Supergrain: Ancient food for Today, was invited to conduct several classes as a guest chef at

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