



Buckwheat: The Ultimate Recipe Guide (Paperback)

By Jonathan Doue M D

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Despite its name, Buckwheat is actually not a kind of wheat and therefore is 100 GLUTEN FREE. Also known as Kasha, Buckwheat is actually a fruit seed and is classified as a pseudocereal, along with plants like quinoa and amaranth. It is nutritious, available year-round, may be ground into flour, made into a porridge or served as an alternative to rice as a side dish. It is gluten-free and is well-tolerated by individuals with a wheat sensitivity or celiac sprue as a grain substitute. This hearty food is rich in the minerals magnesium and manganese as well as dietary fiber. We have collected the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Buckwheat is a good source of an antioxidant flavonoid, called rutin. Rutin may help to protect the heart against oxidative damage. Buckwheat is rich in many phytonutrients that promote health and may help to prevent the onset of chronic diseases. Buckwheat is an excellent source of complex carbohydrates, the preferred source of energy for your cells, especially the nervous system. Take a...



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