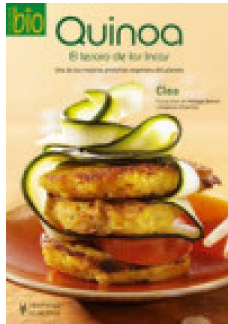


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# QUINOA (COCINA BIO)



Hispano Europea, 2010. soft. Condition: New. Quinoa, el tesoro de los incas, una de las mejores proteínas vegetales del planeta. Excelente para nuestra salud, la quinoa es rica en proteínas, conteniendo todos los aminoácidos) y en grasas de buena calidad (las que contienen el famoso omega-3). La quinoa tiene pocas calorías y esta libre de gluten. ¿Te gusta la quinoa tal cual? ¡Pues vas a adorarla en forma de palitos, de ñoquis, de tortitas esponjosas o de crumbles! Y si...

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- Authored by Clea
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