



Grain Power (us Edition): Over 100 Delicious Gluten-free Ancient Grain & Superblend Recipe

Patricia Green

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From the authors of the wildly popular *Quinoa Revolution*, new recipes using gluten-free supergrains!

Grain Power makes it simple to include a variety of delicious gluten-free ancient grains in your everyday meals. Ancient grains are ideal for people with food allergies or gluten intolerances and for those looking for delicious, nutrient-rich grains for a healthy lifestyle.

Packed with lots of variety and unique flavors, these recipes feature the popular gluten-free ancient grains amaranth, buckwheat, chia, kaniwa, quinoa, millet, oats, sorghum, and teff. *Grain Power* is a complete cookbook featuring everything you need to know about cooking these ancient grains, as well as combining them into unique superblends.

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