

Try it Today!

Quinoa Pronounced [Keen-wah]

Quinoa, frequently misinterpreted as a form of rice, is actually a seed grown in South America. It is high in calcium and iron. Out of all the whole grains quinoa has the highest protein content and it is a complete protein. An organic seed, it is also gluten and cholesterol free. Quinoa is easy to prepare and has a mild, slightly nutty flavor.

