



QUINOA COURSE CONTENTS



Quinoa is classified as a super food for many reasons, providing many health benefits for all and is particularly suitable for vegans and pregnant women. Fitting Quinoa nutrition into a healthy diet is not at all difficult. In this course, you are provided with a variety of quinoa recipe options; hot and cold, sweet and savoury, as a soup, salad, breakfast or a sweet.

Introduction

13 chefs eye view video lessons and Pdf recipes

- Middle Eastern quinoa and spiced eggplant salad
- Quinoa and pumpkin broth
- Quinoa and goats cheese parsley salad
- Quinoa and vegetable patties
- Quinoa balls - savory
- Quinoa balls - sweet
- Quinoa and raw cauliflower cous cous/rice
- Quinoa pan cakes /waffles
- Quinoa, Squash & Leek Pilaf with Feta Cheese and Runny Eggs
- Peppers stuffed with spiced Quinoa (**FREE PREVIEW**)
- Quinoa and Coconut Porridge
- Quinoa and pumpkin broth
- Quinoa cooked (Video only)

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All quinoa recipes are:

- A good source of complete protein
- Provides nine essential amino acids
- Rich in lysine, magnesium & calcium
- Gluten free and Low GI
- Budget friendly & tasty
- Versatile & easy to prepare

You can create tasty sweet or savory options, a warm soup, a cold salad, the options are endless!

"Dedicated to bringing out the chef in you"

Walter Trupp