

FUEL UP

Curious About Quinoa?

One cup cooked of this ancient whole grain packs 5 grams of fiber, 8 grams of protein, antioxidants and minerals and is naturally gluten-free.

SWITCH IT UP

Replace rice or pasta with quinoa in salads, stir-fries, or grain bowls.

BREAKFAST BOWL

Cook quinoa in milk or water, stir in diced fresh fruit, cinnamon, and chopped nuts.

POP IT

Just like popcorn, try popping some quinoa and add your favorite seasoning.