

From the bestselling authors of *Quinoa 365*, brand new quinoa recipes, all under 500 calories per serving!



Photo credit: Caroline Connolly



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PATRICIA GREEN and CAROLYN HEMMING **Quinoa Revolution**

Over 150 Healthy, Great-Tasting
Recipes Under 500 Calories

Transform your traditional eating habits with 150 new and great-tasting quinoa recipes, all with full nutritional breakdowns and all under 500 calories per serving!

Bestselling authors Patricia Green and Carolyn Hemming are back with a brand new book that addresses numerous health and lifestyle concerns such as weight loss, vegetarian diets, food allergies, gluten intolerance, disease prevention, athletic training, diabetes, and heart conditions.

In addition to being one of the world's healthiest foods, quinoa has a long list of amazing properties that makes it so versatile in any number of recipes. *Quinoa Revolution* shows that quinoa is not only used to boost nutrition, but that it can also enhance taste or texture, thicken, hold moisture, replace gluten, increase protein, and more!

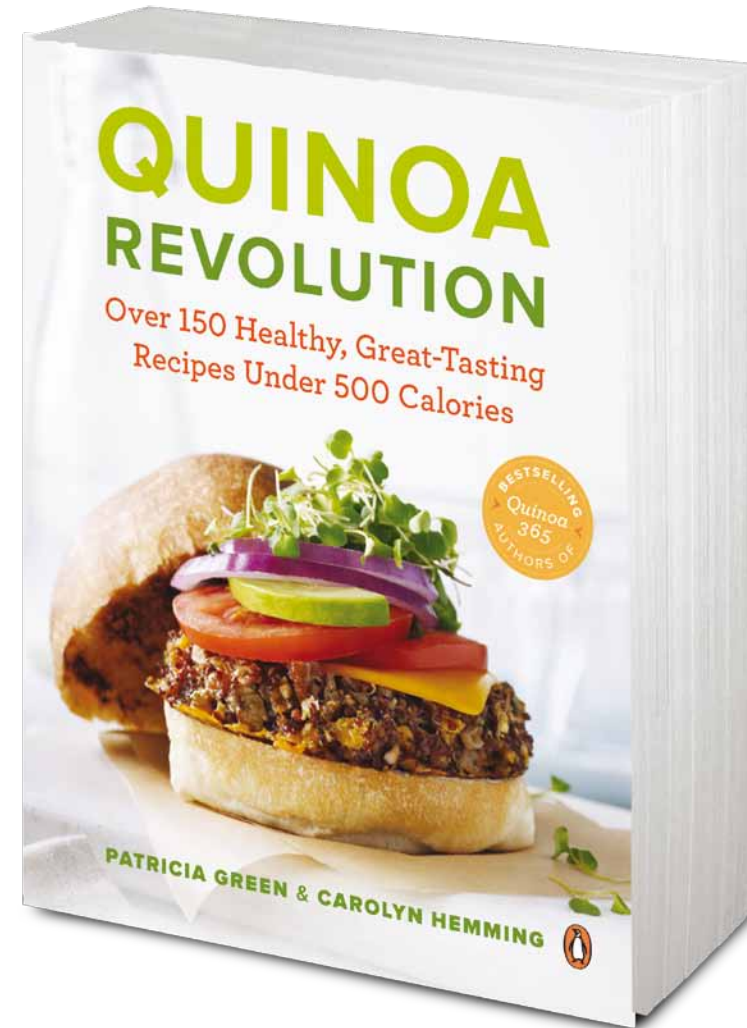
Learn tips and tricks for the preparation of quinoa, solutions for cooking it in a variety of liquids, instructions for grinding your own flour, and guidelines on how to use sprouted quinoa. Discover healthful recipes such as Chipotle Corn Chowder, Red Velvet Waffles, Korean Barbeque Beef Wraps, Carrot and Raisin Sprout Salad, Black Forest Goat Cheese Brownies, Ginger Peach Crisp, and Hot Apricot Matcha Breakfast Cereal. From light snacks to full meals and even dessert, this nutrient-superior superfood can play a role.

PATRICIA GREEN (top) and **CAROLYN HEMMING** (bottom) are sisters passionate about healthy living. Both are busy balancing active lifestyles, careers, and families. They are the authors of the runaway bestseller *Quinoa 365: The Everyday Superfood*.

@quinoaqueen (Carolyn)

@quinoaqueen1 (Patricia)

www.quinoa365.com



SALES

Quinoa 365 has sold over 150,000 copies, and was a #1 *Globe and Mail* bestseller and the #1 cookbook on Amazon.ca

It was also nominated for a 2011 Canadian Culinary Book Award

Awareness of quinoa's health benefits have skyrocketed in recent years, and sales of quinoa have multiplied tenfold since 2003

Quinoa is an ideal non-animal protein source for vegetarian or vegan diets, as well as an approved kosher food

MARKETING

Full-colour sales blad

National marketing and publicity campaign

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Tie-in to authors' speaking engagements at consumer food trade shows

National advertising

Extensive social media marketing

Gift book promotion

Online marketing and promotion at Penguin.ca

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Almond Butter Blondies

You may not even notice that these delightfully nutty blondies—not brownies—have quinoa in them. Chewy with just a hint of chocolate. Makes 24 pieces.

¼ cup (60 mL) unsalted butter, softened

¾ cup (185 mL) natural almond butter, smooth or crunchy

¾ cup (185 mL) brown sugar

2 large eggs

1 tsp (5 mL) pure vanilla extract

¾ cup (185 mL) quinoa flour

1 tsp (5 mL) baking powder

¼ tsp (1 mL) salt

1 cup (250 mL) semisweet chocolate chips

Preheat oven to 350°F (180°C). Grease 8 × 8-inch (2 L) square metal baking pan, line with parchment, and set aside.

In a medium bowl, cream butter and almond butter. Add sugar, eggs, and vanilla and mix well. Set aside.

In a medium bowl, combine flour, baking powder, and salt, and mix into the almond butter mixture. Stir in chocolate chips. Spread evenly in the pan. Bake 18–20 minutes. Do not overbake. A toothpick inserted into the centre should have some crumbs on it. Allow to cool for 15 minutes before cutting into pieces.

Per Serving: Energy 140 cal; Protein 3 g; Carbohydrates 13 g; Fat 9 g; Dietary Fiber 2 g; Cholesterol 20 mg; Sodium 70 mg; Calcium 49 mg; Potassium 98 mg; Folate 7 mcg; Phosphorus 63 mg; Magnesium 31 mg.