



# Buckwheat: The Ultimate Recipe Guide

*Jonathan Doue M.D.*

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## **Buckwheat: The Ultimate Recipe Guide** Jonathan Doue M.D.

Despite its name, Buckwheat is actually not a kind of wheat and therefore is 100% GLUTEN FREE. Also known as Kasha, Buckwheat is actually a fruit seed and is classified as a pseudocereal, along with plants like quinoa and amaranth. It is nutritious, available year-round, may be ground into flour, made into a "porridge" or served as an alternative to rice as a side dish. It is gluten-free and is well-tolerated by individuals with a wheat sensitivity or celiac sprue as a "grain" substitute. This hearty food is rich in the minerals magnesium and manganese as well as dietary fiber. We have collected the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Buckwheat is a good source of an antioxidant flavonoid, called rutin. Rutin may help to protect the heart against oxidative damage. Buckwheat is rich in many phytonutrients that promote health and may help to prevent the onset of chronic diseases. Buckwheat is an excellent source of complex carbohydrates, the preferred source of energy for your cells, especially the nervous system. Take a peak at a few of the recipes inside! Buckwheat Flour Crepes Buckwheat Soup with White Mushrooms Buckwheat Blueberry Muffins Buckwheat Salad with Hazelnuts & Baby Beets Buckwheat Flour Cinnamon Rolls Buckwheat Noodles with Edamame & Shiitake Introduce Buckwheat into your diet today! Scroll Up & Grab Your Copy NOW!

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