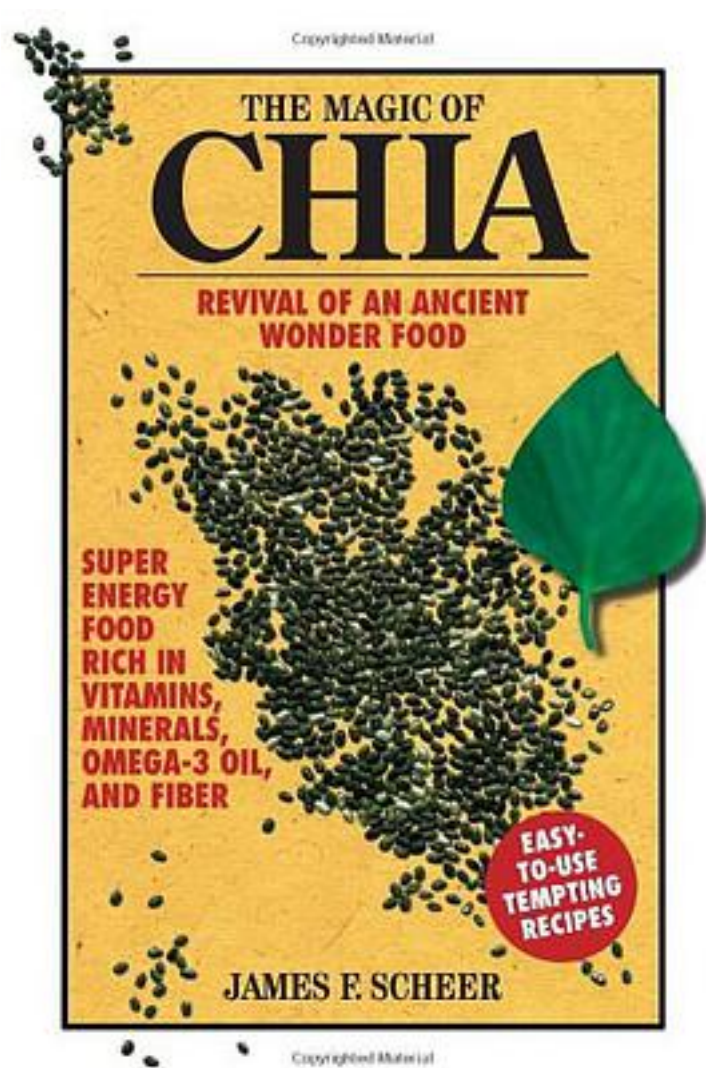


The Magic of Chia



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著者:Scheer, James F.

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In The Magic of Chia , authority James F. Scheer details the seed's abundant nutrients: calcium, amylose (a slow-burning starch helpful for hypoglycemics), a vast array of vitamins and minerals, and an unusually good ratio of omega-3 oil to omega-6 oil. The book reintroduces this wonder food to the modern palate, with numerous tested recipes for using chia to upgrade the nutritional value of hamburgers, soups, salads, breads, fruit drinks, and much more. Included is the never before told story about the twenty-year program to domesticate the wild chia and, for the first time in modern history, grow it in large enough quantities to supply the U.S. and world markets.

作者介绍:

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