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Kaniwa has been around for years but only discovered recently. It is a kind of an ancient supergrain that originates from South America and can also be found in the Andes Mountain. Dark reddish-brown in color about half the size of a tiny quinoa seed, it cooks up quickly to resemble a smaller version of red quinoa. Kaniwa is a superb and nutritious alternative for any recipe that calls for grains

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