

Quinoa, the popular but misunderstood grain

Huffington Post

We were sure that by this point, everybody knew what quinoa was. You can find it in most grocery stores and it has been written about again and again. But when we saw that *The Bachelorette* and her two contestants were not familiar with this popular ingredient, we realized that there might still be people out there who are unaware of this amazing and cheap source of protein. (Because it's a great source of protein, not "fiber" as the one contestant wrongly claims.)



And while we're aware that the people on *The Bachelorette* may not be the best measure for the knowledge of the general public, we still thought it was safer to give a quick overview. So here it is, everything you should know about quinoa.

[Read the whole story](#)