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**Kaniwa Introduction and Cooking Tips thespruceeats**

Kaniwa (pronounced kah nyee wah), is a whole grain. Like quinoa, kaniwa is actually a seed and not a grain, so it's gluten free. Dry kaniwa looks very much like a small, auburn brown quinoa.

**136 Best Quinoa & Kaniwa recipes images | Delicious food ...**

Explore Roxy Callejo's board "Quinoa & Kaniwa recipes", followed by 1559 people on Pinterest. See more ideas about Delicious food, Cooking and Healthy eating.

### **Organic Kaniwa — Grains — Cooking & Baking — Nuts**

Kaniwa (pronounced ka nyi wa) is the latest gluten free super grain, not to be confused with its cousin quinoa. Although technically a seed, organic kaniwa is a tasty and nutritious addition to any meal.

### **Kaniwa vs. Quinoa: What's the Difference? — Nuts**

Chocolate Goji Berry Bars Recipe {gluten free} This crunchy energy bar relies on the puffed form of quinoa to provide its airy texture. While kaniwa is naturally crunchy, its small size does not easily lend itself to the base of this tasty treat.

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