Tired of Quinoa? Try Teff, The New Supergrain

By Ana-Marija Dolaskie — January 25, 2017

It seems every time I've got a handle on the latest food craze (and believe me, I know my stuff), another super food takes center stage.

Enter Teff: the staple grain of Ethiopia. And according to the Internet, this one blows Quinoa out of the boiling water. Which is especially frustrating, since it took me 6 months to teach ACSH President Hank Campbell how to pronounce Quinoa, and now he doesn't have to anymore.

The good news is Teff is much easier to pronounce, although its nutritional benefits may be a bit confusing. Watch our video to see why!