

Tired of Quinoa? Try Teff, The New Supergrain



By Ana-Marija Dolaskie — January 25, 2017



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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!

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