Alyssa Rimmer is the quinoa obsessed girl behind the gluten-free blog, the [Queen of Quinoa](http://www.queenofquinoa.me/). She loves experimenting with nutritious and whole-food ingredients, and hopes to show the everyday home chef that cooking and eating gluten-free can not only be healthy, but also delicious and fun.

After struggling with stomach issues throughout her college years, Alyssa decided enough was enough and took her health into her own hands. She started by removing gluten from her diet and hasn’t looked back since. Two happy years have passed and her stomach issues have practically disappeared. Living gluten-free has also helped her to truly discover her passion for cooking and she has embraced her new lifestyle with open arms.

With the [Queen of Quinoa](http://www.queenofquinoa.me/), Alyssa shares her gluten-free recipes, many of which are focused on the superfood quinoa, and discusses her journey to living a more fulfilled and healthy life. She now also cooks refined sugar-free and although not all her of recipes are vegan, she has loved learning and experimenting with vegan baking. She lives in Burlington, Vermont where she is surrounded by fresh, local produce and is always inspired by the fabulous seasonal ingredients that make this state so special. She is excited to share her recipes with you, as she helps to uncover the amazing world of quinoa.

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