



# Fast And Easy Cauliflower Recipes: A Guide To An Healthy And Natural Diet

*Anela T.*

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From The Best Seller Author Anela T. Comes An New Recipes Book

## What is Cauliflower?

Cauliflower is type of vegetable that fits in that group of veggies we rarely consume. Although this wonderful veggie has many positive health benefits, we most often forget about it because we do not have too many ideas on how to prepare it.

This eBook is solution for this type of problem. You can find here great ideas, for breakfast, lunch and dinner meals, that are easy to make but are highly delicious.

## What is the health benefits of Cauliflower?

- Cauliflower is nutritional vegetable, which contains vitamins B1, B2, B3, B5 and B9 also known as folic acid. It also contains vitamin K and omega 3-fatty acids. Cauliflower is valuable source of manganese, vitamin C, which are powerful antioxidants.

--Digestive support: Like most of vegetables, cauliflower is valuable source of dietary fibers which helps clean your digestive system and gets rid of unnecessary substances. Additionally, a substance called glucoraphin present in cauliflower appears to have a protective effect on stomach lining. With glucoraphin, your stomach is not prone to the bacterium helicobacter pylori, thereby reducing your risk for stomach ulcer and cancer.



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