



The Cabbage Chef: The Ultimate Guide (Paperback)

By Kimberly Hansan

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Ultimate Cabbage Recipe Guide ** Cabbage is a strong and easy to grow vegetable. It inexpensive, and is found in almost all parts of the world. Cabbage has been known throughout the ages, both for its nutritional values, and for its medicinal values. It has recently become recognized that it can reduce the risk of certain forms of cancer. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Cabbage contains more Vitamin C than an Orange. Cabbage is a good detoxifier, it purifies the blood and removes toxins. Cabbage is a very low-calorie food. One cup of chopped, raw cabbage contains only 21 calories. Cabbage is very rich in fiber and is a good cure for constipation and related problems. Take a peek at some of the recipes you can find inside! Cabbage Tamales Hot Sour Cabbage Soup Cabbage Burger Balls Delicious Cabbage Stew Fried Cabbage Texas Style Introduce Cabbage into your diet today! Scroll Up Grab Your Copy NOW!.

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