

This eBook contains a comprehensive list of 18 different fruit and vegetables and includes the plant's history (in brief), nutritional benefits, and home remedies. There are also recipes to try for each and every fruit or vegetable. This book will help you not only find new ways to use these healthy ingredients in meals, but it also details how these fruits and vegetables benefit your overall health. This eBook, Healthy Foods feature the following superfood: Cabbage Tomato Broccoli Spinach Blueberries Sweet Potato Almonds Avocado Flax Seeds Pumpkin Pomegranate Globe artichokes Apple Garlic Onions Soybean Strawberry Banana Everything you ever wanted to know about these fruits and vegetables is covered in these pages. Want an all-natural cure for insect bites? Try rubbing a banana peel over the bite for relief. If you don't have a banana on hand, create a paste using onion and garlic to soothe the itch. Need an all-natural anti-wrinkle solution? Rub the juice of the pomegranate on your wrinkles. Do you still struggle with acne? This book tells you how to create a facial mask made with strawberries that can help diminish the acne and rid your face of the acne-causing oils. There are three recipes for every fruit and vegetable. The recipes range from old American favorites, to foods with an Italian, Greek, or Spanish twist. There are recipes for appetizers, main courses, desserts, and a few tasty drinks. Many of the recipes can be changed or altered according to your favorite tastes. The instructions are detailed and easy enough to follow that any novice can make them. Get a copy of this eBook now and start eating healthy!

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