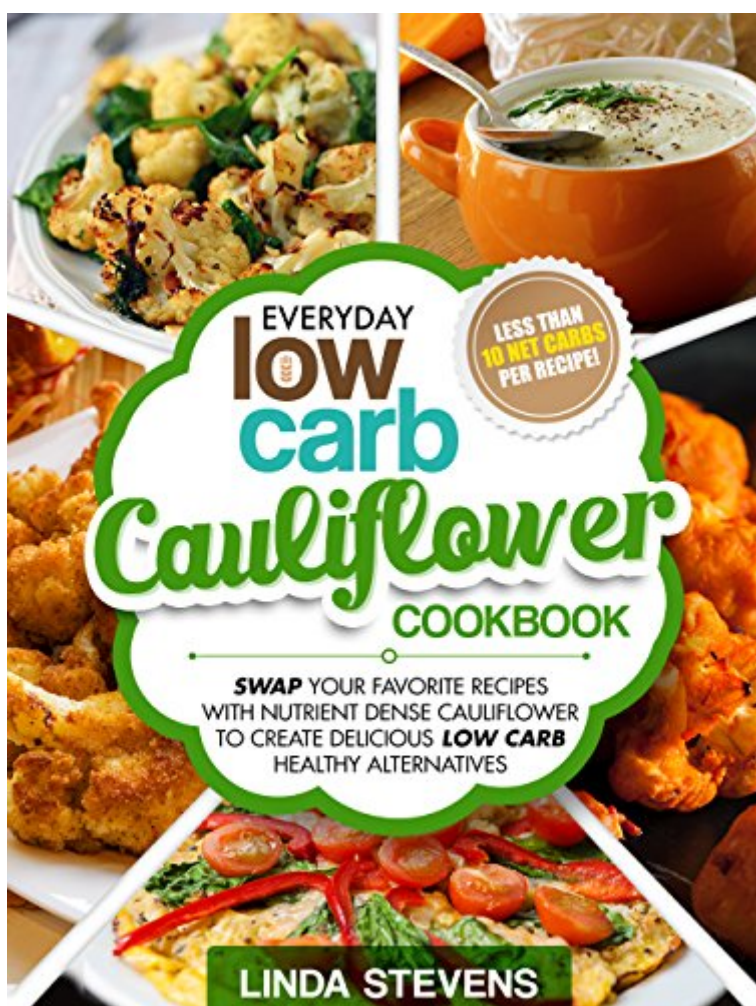


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Cauliflower Cookbook: Swap Your Favorite Recipes With Nutrient Dense Cauliflower For Low Carb Healthy Alternatives



Synopsis

Learn how to swap your favorite recipes with nutrient dense cauliflower for delicious, low carb healthy soups, snacks, sides, and main dishes! Following a low carb diet does not mean you have to give up your favorite foods. One easy substitute for potatoes, rice and pasta is cauliflower. The super vegetable is packed with vitamins, minerals and antioxidants. The author has taken many popular recipes and converted them into low carb options. All of the recipes contained in this book use only whole, natural ingredients. The recipes are so close to the real thing even the kids and hubby won't know they are eating cauliflower, unless you tell them. Inside the book you will find snack, soup, side dish and main course recipes. Snack recipes include Buffalo Cauliflower Wings, Garlic Bread Sticks and there is even a recipe for chocolate brownies. Roasted Cauliflower and Crab Bisque are just two of the soup recipes included. Learn how to make cauliflower rice in the Side Dish chapter. Spice up dinner time with the Fiesta Casserole. All of the included recipes are 15g Carbs or less to help you lose weight and eat healthier. SCROLL UP AND CLICK "BUY" TO ORDER YOUR COPY INSTANTLY

Book Information

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Customer Reviews

Awesome formulas for all cauliflower and particularly for low sugar abstain from food yummy alternatives! This book will give a great deal of formulas on the most proficient method to utilize the additional items. Eating sound and delectable has never been so natural. This book containing delectable Snak and Soup formulas that are for the most part simple to get ready. So no doubt, general it was phenomenal

Cauliflower is high in antioxidants, minerals, and vitamins. Just one serving is a big help for us to live a healthy lifestyle. Here are some of the recipes that I would like to try at home

1. Creamy Broccoli & Cauliflower Soup
2. Ham & Cauliflower Soup
3. Bacon and Jalapeno Cauliflower
4. Twice Baked Chesy Cauliflower
5. Cauliflower Pizza Crust

Great recipes for all cauliflower and especially for low carbohydrate diet yummy options! This book will give a lot of recipes on how to use the extras. Eating healthy and delicious has never been so easy. This book containing delicious Snak & Soup recipes that are all very easy to prepare. So yeah, overall it was excellent.

Great recipes for all cauliflower and especially for low carbohydrate diet yummy options! This book has some new and interesting takes on cauliflower. If you are looking for some new ideas for some changes in your diet, this will work for you! Good recipes for cauliflower lovers.

I like cauliflower and was looking to creative recipes to expand how I cook it. I thought this book did a good job doing that. It has recipes covering main dishes, soups and salads. The recipes are so varied and there is a great deal of mixing and matching which also fires the imagination for some dabbling in the kitchen! This book is wonderful and it certainly does live up to the promise proclaimed boldly in the title.

What a delight. There is always extra cauliflower around this part of the country at harvest time. This book will give a lot of recipes on how to use the extras. This book containing delicious Snak & Soup recipes that are all very easy to prepare.

I am well aware that cauliflower is very nutritious that's why I always wanted to learn how to prepare a bunch of recipes that has it as ingredients and luckily I have found this book in kindle. The instructions and guidelines on how to prepare these recipes are so easy to follow and understand. My favorite was the buffalo cauliflower wings!

I like cauliflower and was looking for creative recipes to expand how I cook it. This book is wonderful and it certainly does live up to the promise proclaimed boldly in the title. The recipes are so varied and there is a great deal of mixing and matching which also fires the imagination for some dabbling in the kitchen. The recipes are great and healthy. Love it!

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