CTE benefits

improves the code readability.

provides recursive programming.

makes code maintainability easier.

it provides similar functionality as a view, but will not store the definition in metadata.

CTE vs View

CTE exists in memory only while the query is running. After the query is run, the CTE is discarded and cannot be used for the next SQL query unless we define it again.

View is stored query that can be used many times.

CTE can be called recursively while view cannot.

Views can be indexed but CTE can't.