



Health Benefits of Collard Greens

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Collard Greens Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection Storage Health Benefits Chapter # 1: Lowers Risk of Cancer Chapter # 2: Fights Diabetes Chapter # 3: Cardiovascular Support Chapter # 4: The Little Things Recipes Chapter # 1: Collard Greens with White Beans Chapter # 2: Tasty Collard Greens Chapter # 3: Sweet Tangy Sauteed Collard Greens Conclusion References Author Bio Preface Collard greens are the green, leafy vegetables that are part of the same family as kale, broccoli and cabbage. Even though all these vegetables have the same family, they are certainly not equal in their health-promoting qualities, especially collards. See, collards have a distinct set of nutrients that enables it to step out of all the cruciferous vegetables and show its true worth. Moreover, this time tested natural drug not only does wonders for the body but is also delicious in taste. To learn more about the vegetable, continue reading.



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Reviews

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