



Kale: The Nutritional Powerhouse

By Beverly Lynn Bennett

Book Publishing Company, United States, 2015. Paperback. Book Condition: New. 211 x 135 mm. Language: English . Brand New Book. Often referred to as King Kale or the Queen of Greens by health aficionados and kale devotees, this cruciferous veggie is an excellent source of essential vitamins, rich in minerals, high in complete protein, and a phenomenal source of antioxidants. Author Beverly Lynn Bennett shows how incredibly easy it is to deliciously incorporate kale into your daily diet and reap its numerous health benefits. From breakfast smoothies and scrambles and luncheon burgers and soups to dinner stews or pasta, dips and chips for snacks and brownies and cupcakes for dessert, there is ample opportunity for this versatile veggie to become your nutritional best friend.



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