



Eggplant: The Ultimate Recipe Guide: Over 30 Healthy & Delicious Recipes

Jonathan Doue M.D.

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** Over 30 Healthy & Delicious Recipes ** Eggplant is a wonderful, meaty-tasting vegetable with a nice chewy texture. Eggplants can be fried, put into soups, casseroles and even stuffed. They are also known to lower high cholesterol. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Eggplant is a high source of dietary fibers, which is helpful for the proper functioning of the digestive system, and also acts against coronary heart disease. Eggplants are also used to reduce glucose levels of type II Diabetes. This is attributed to the fact that the vegetable contains low levels of carbohydrates and high fiber levels. In fact, the vegetable is regarded as a natural method of controlling diabetes. Eggplant has zero cholesterol and negligible fat content, and as such it's an ideal vegetable to include in any weight-loss plan. Take a peek at a few of the recipes you can find inside! Eggplant Pizza Bites Eggplant Salsa Eggplant Burgers Eggplant Lasagna Eggplant Spread Introduce Eggplant into your diet today! Scroll Up & Grab Your Copy NOW!

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