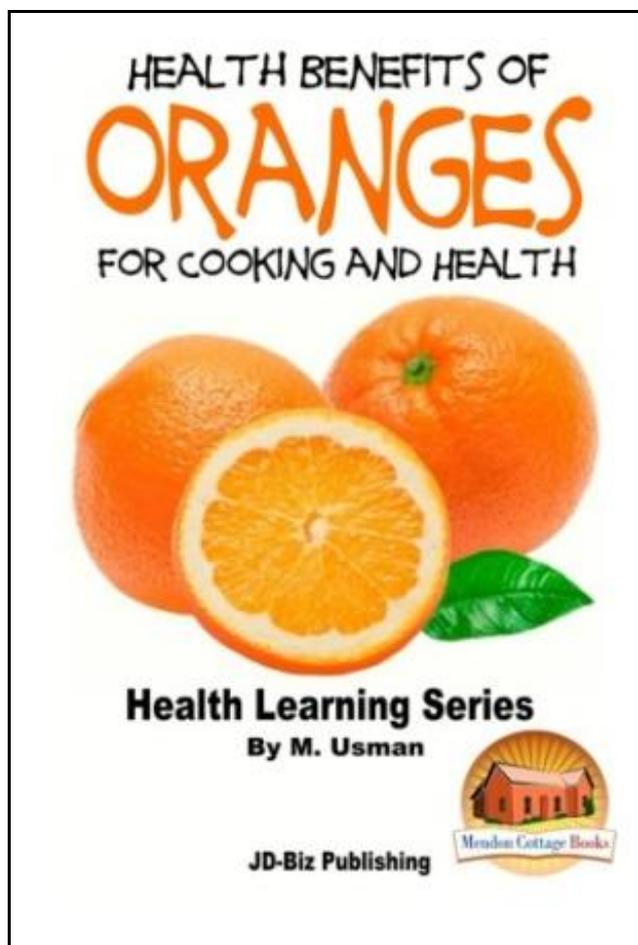# Health Benefits of Oranges for Cooking and Health

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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

HEALTH BENEFITS OF ORANGES FOR COOKING AND HEALTH

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Oranges For Cooking and Table of Contents Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection and Storage Chapter # 4: Preparation Health Benefits Chapter # 1: Not Just Vitamin C Chapter # 2: Promotes Cardiovascular Health Chapter # 3: Immunity Booster Chapter # 4: Fights Cancer Chapter # 5: Protection against Arthritis Muscle-Wasting Recipes Chapter # 1: Orange Rosemary Chicken Chapter # 2: Orange Beetroot Chopped Salad Chapter # 3: Orange Drizzle Cake Conclusion References Getting Started Chapter # 1: Intro Who doesn t love the idea of having sweet, juicy, vigorous and vitamin C-packed oranges for breakfast? Athletes eat it whenever they need a quick, natural shot of energy and most of the population enjoys them just for their flavor, not knowing about their health benefits. And this is exactly why this book must be read by all; almost everyone known oranges contain vitamin C but there aren t many people who know what comes as a result of it. Better yet, there are many other nutrients and health promoting compounds present in oranges that have far-fetched effects on the human body that would drastically increase the daily intake of oranges by the common populace, if found out. But everything needs to be built from the bottom-up and this is exactly what will be done in the forthcoming chapters. Oranges are spherical fruits belonging to the citrus species consisting of two major types: sweet and bitter. The sweet orange is the one that is generally consumed and is known by its scientific name as Citrus Sinensis whereas the bitter orange is known as Citrus...

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