



# Brussels Sprouts :The Ultimate Recipe Guide

*Jonathan Doue M.D., Encore Books*

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**\*\* The Ultimate Brussels Sprouts Guide \*\*** Brussels sprouts, despite their versatility, high-nutritional value and easy preparation, remain an often-overlooked food choice. Who doesn't have childhood memories of ensuing arguments when we refused to eat them? Well we have the delicious recipes to entice your taste buds and change your mind. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Brussels Sprouts help protect against colon and stomach cancer. A cup of cooked Brussels Sprouts contains about 60 calories. Brussels Sprouts contain high-levels of vitamins A and C, folic acid and dietary fiber. Take a peak at a few of the recipes you can find inside! Honey Dijon Brussels Sprouts Brussels Sprouts Pizza Brussels Sprouts Stir Fry Kielbasa Brussels Sprouts Cranberry Brussels Sprouts Introduce Brussels Sprouts into your die today! Scroll Up & Grab Your Copy NOW!

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