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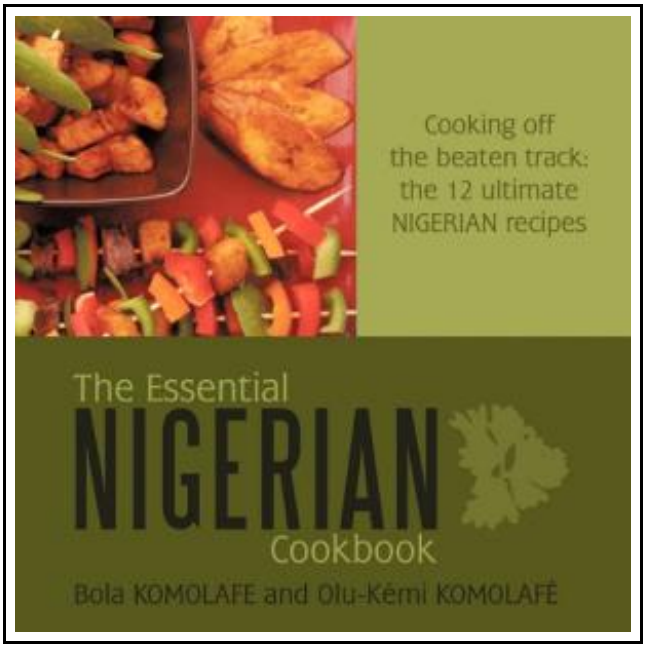

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AUTHORHOUSE, United States, 2010. Paperback. Book Condition: New. 212 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.While Nigeria is unfortunately more often associated with email scams, corruption and political instability no one disputes the quality of Nigerian cuisine. In fact, Nigerian food is unrivalled in terms of flavour and nutrition. After being quizzed by numerous guests sampling the dishes from their kitchen, the authors decided to write The Essential Nigerian Cookbook, a simple easy-to-follow guide to some Nigerian recipes with ingredients that are readily available in larger supermarkets and ethnic food stores. In Nigeria, food tends be locally sourced and grown, organic in the most literal sense, and extremely rich in nutrients. For example: yams are a good source of vitamin B complex, potassium, and contain natural steroids like progesterone and other chemicals that help in lowering risk of osteoporosis. Plantains are rich in vitamin A, potassium and fibre. They are good cholesterol reducing agents. Red beans have high fibre, antioxidant and folic acid content as well as containing vitamins C, D, and A. Beans repair damaged cells in the body. Cassava granules contain vitamin C, fibre and carbohydrates. Okra is very low in calories, rich in vitamins B, C, Calcium and folic acid. It relieves constipation, the type of fibres found in okra help to stabilise blood sugar by controlling the rate at which they are absorbed from the intestinal tract.

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