



Asparagus Recipes: The Ultimate Guide - Over 30 Healthy & Delicious Recipes

Jonathan Doue M.D.

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**** Over 30 Healthy & Delicious Recipes ****

Asparagus is a very healthy vegetable that contains few calories and has no fat or cholesterol. Asparagus has been revered by ancient Greek and Romans as a prized delicacy. One of the oldest recorded vegetables. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy!

- Did You Know -

Asparagus:

- 1 - can detoxify our system
- 2 - has anti-aging functions
- 3 - is considered an aphrodisiac
- 4 - can protect against cancer
- 5 - reduces pain and inflammation
- 6 - can prevent osteoporosis and osteoarthritis
- 7 - reduces the risk of heart disease
- 8 - can help prevent birth defects

Take a peek at a few of the recipes you can find inside!

Balsamic Buttered Asparagus

Asparagus Lasagna
Chicken Asparagus Penne
Asparagus Guacamole
Asparagus Mushroom Casserole

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