

Black Rice: The Ultimate Guide (Paperback)

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Reviews

The book is great and fantastic. It usually does not price excessive. I am happy to tell you that this is the greatest ebook i actually have read during my personal existence and can be he very best ebook for possibly. (Abbie Feest)

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BLACK RICE: THE ULTIMATE GUIDE (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ****** The Ultimate Black Rice Recipe Guide** Black rice offers all of the same health benefits of brown rice but it also packs some serious antioxidants. It is a popular staple of more than a third of the world s population. Black rice, like brown rice, retains the bran cover that is removed to make white rice. That means the grain is packed with nutritional benefits, including being rich in iron and fiber. We have collected over 30 of the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Black Rice is known to have anit-inflammatory properties. Black Rice has been known to reduce the risk of some cancers. Black Rice is a healthy source of minerals, especially iron. Black Rice has been known to improve memory. Black Rice has been cited in preventing heart disease. - A Brief History - Black rice was once known as the Forbidden Rice in ancient China because emperors and nobles sequestered every grain of black rice for themselves. The common people were forbidden from eating it. Emperors would reserve this nutty flavored rice for their own consumption because it was thought to have fountain of youth properties. They believed it would extend their lives. In addition, black rice was considered somewhat of an aphrodisiac. As it turns out, their beliefs (at least the healing properties that were perceived to extend life) had some validity. Introduce Black Rice into your diet today! Scroll Up Grab Your Copy NOW!.

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