Cauliflower and Chia Seed Crust with Heart, Cancer Prevention and Brain Benefits

By bestfolkmedicine · 11/11/2018 · 2 min read

Cauliflower is one of the most advantageous veggie on earth-and there is justifiable reason behind why. With its rich supply of wellbeing advancing photochemical, anti inflammation compounds, and capacity to avoid growth, coronary illness, brain sickness, and even weight pick up it appears there isn't much cauliflower can't do.

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Some of its benefits hare:

- Lessens cancer chance
- Battles irritation
- Diminishes danger of heart maladies and brain disorders
- Helps in weight reduction
- Equalizations of hormones
- Give sufficient amounts of vitamins and minerals
- Enhances assimilation and detoxification

Chia seed and its benefits

Chia seeds are among the most beneficial nourishments on the planet.

They are stacked with supplements that can have imperative advantages for your body and mind.

Here are medical advantages of chia seeds that are upheld by human studies.

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Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories

There are anti-oxidants present

It is loaded with lots of fibers

Rich in proteins

Because of The High Fiber and Protein Content, Chia Seeds have the capacity to Help You Lose Weight

Chia Seeds Are High in Omega-3 Fatty Acids

Chia Seeds May Improve Certain Blood Markers, Which Should Lower The Risk of Heart Disease and Type 2 Diabetes

In order to use these two active ingredients in your diet, pizza is the best answer. Apart from eating cheesy and greasy pizza, it is better to eat it having cauliflower and chai seeds.

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Ingredients:

1 Large head of Organic Cauliflower
3/4 cup of ground almonds
1 1/2 Tbsp Dried Oregano
Sea salt and pepper to taste
1/4 cup chia seeds
3/4 cup water

Instructions:

1. Preheat your oven to 400F.
2. Mix your chia seeds in with the 3/4 cup of water and place in your fridge 20 minutes before intended use.

2. Chop the cauliflower, and place in a blender or food processor and blend until it is a fine rice-like texture.

3. Measure out around 3 cups and place into a large bowl, add in the ground almonds, oregano, salt, and pepper. Make a hole in the center and add in the Chia goop.

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Source: healthy-holistic-living.com

Other sources mentioned in the article: webmd.com

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