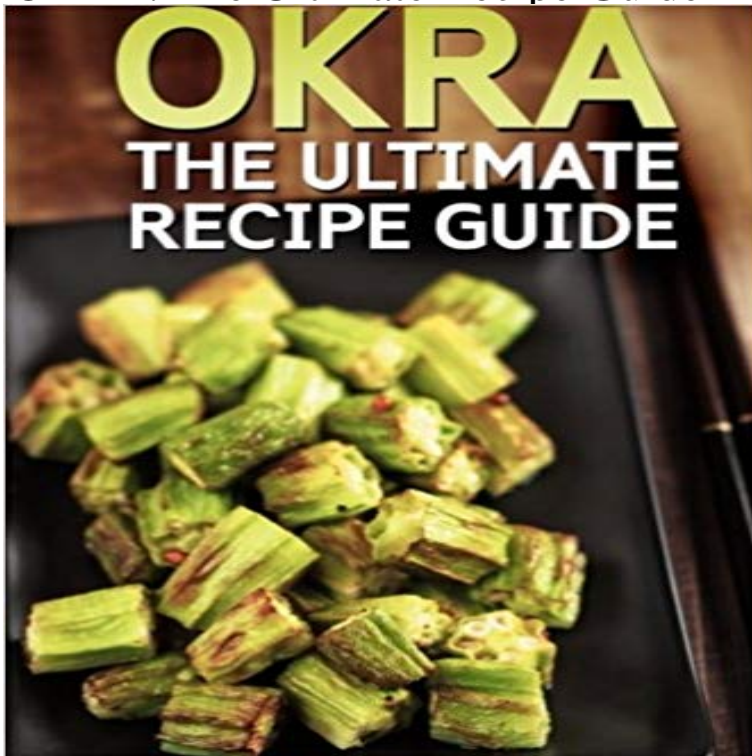


OKRA: The Ultimate Recipe Guide



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

The Ultimate Okra Recipe Guide

Okra is a vegetable that is favored in the southern U.S. states. In fact, most southern gardens grow this plant, which, after harvesting, you can either pickle or freeze for later use. When it comes to mealtime, you can use this long, green and prickly vegetable to make fried, boiled or baked dishes -- all of which produce a different texture and taste. We have collected the most delicious and best selling recipes from around the world. Enjoy! - Did You Know - Okra fiber is excellent for feeding the good bacteria (probiotics). This contributes to the health of the intestinal tract. Okra helps to reabsorb water and traps excess cholesterol, metabolic toxins and excess bile. Okra health benefits are numerous which include its role in maintaining the right level of cholesterol in human body. Take a peak at a few of the recipes inside! Okra Soup with Kale & Coconut Cream Okra with Cod & Pineapple Okra Salad with Pomegranates & Chickpeas Okra with Grits & Cheese Okra with Cilantro & Sour Cream Scroll Up & Grab Your Copy NOW!

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