



Super Food: Cucumber (Hardback)

By -

Bloomsbury Publishing PLC, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. A true superfood, the cucumber has amazing health benefits and has been around since Neolithic times. With a staggering 96 water content, eating cucumbers to maintain hydration and flush out toxins has been popular for centuries. But you can enjoy a slice in your G+T or make a crafty cellulite treatment. Super Food: Cucumber contains: Feature spreads - covering the history of cucumbers, health benefits, the iconic cucumber sandwich, New York pickles, grow your own plus handy household uses. Delicious food and drink recipes - from snacks, starters, mains and desserts to drinks. Enjoy a gin and cucumber cocktail with your strawberry and cucumber salad! Health and beauty recipes - try a cucumber cellulite treatment or a refreshing cucumber toner Food is super! There s all sorts of things you can do with fruit and veg - and not always what you d expect. Whether it s cooking delicious dishes, looking after your teeth or making facepacks, there s all kinds of interesting, healthy uses for fruit and veg. Each book in the Super Foods series takes a look at one ingredient and shows a...



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