BENEFITS:
1. **Source of calcium**: this assists with maintaining bone strength, regulating the functions in muscle and nerve tissue and cellular metabolism¹.
2. **High in fibre**: this helps us feel fuller for longer, promotes good digestive health and assists with regular bowel movements².
3. **Rich in glucosinolates**: these are anti-inflammatory phytonutrients which help to reduce inflammation that causes cancers, heart disease and diabetes².

**DID YOU KNOW..?**
Cauliflower can be used to substitute refined grains and flours in your diet. This can help with weight maintenance² and will boost your daily vegetable intake!

**HINT**: Sneak some cauliflower into your next meal with one of these great recipes!

- **Creamy Cauliflower Pasta Bake**
  https://www.simplyrecipes.com/recipes/cauliflower_pasta_bake/

- **Paleo Cauliflower Chocolate Pudding**
  https://tinyurl.com/caulipaleochocolatepudding

- **Lemon Garlic Cauliflower Rice**
  https://www.crunchycreamysweet.com/lemon-garlic-cauliflower-rice/

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