



Last Stop
ANTARCTICA

**Experience Antarctica
through the
Power of
Cauliflower**

CAULIFLOWER RE-IMAGINED

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/>

1. Byrd-Bredbenner C, Moe G, Berning J, Kelley D. Wardlaw's perspectives in nutrition. McGraw-Hill Higher Education; 2012.

2. Ahmed FA, Ali RF. Bioactive compounds and antioxidant activity of fresh and processed white cauliflower. BioMed Research International. 2013;2013.