



Nutritious Mushroom Recipes

Prabhjot Mundhir

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There goes an old saying: Foods can make or break you. That is why it is important to include the mushroom, one of greatest natural wonder foods, in one`s diet. Some varieties have anti-cholesterol and antibiotic properties. The common variety is full of high quality protein as well as B vitamins. With its irresistible taste, exotic flavour and rich aroma, delicious mushroom dishes are a healthy alternative to meat dishes.

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