



**An Exotic Black Seed Cookbook for Health Nuts!:
Rare Recipes for Nigella Sativa and Black Cumin
Seeds (The Health Nut Cooking Collection)
(Volume 2)**

Andrea Silver

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This is a one-of-a-kind cookbook: one of the only books available on the mysterious, highly nutritious, and tasty Middle Eastern and Indian spice known as black seed! Also known as nigella sativa, the Prophet Mohammed called it an ingredient that could cure any disease known to man. Today, doctors are amazed by how many conditions black seed seems to affect—everything from blood pressure to diabetes to reducing the risk of cancer and heart disease. Indeed, it could be the most nutritious “superfood” on the planet. Black seed is easily ordered online. But then you may wonder what to do with it once you receive it. That’s where this cookbook comes into play—with plenty of options for creating tasty recipes using this enigmatic ingredient. Also included are recipes for black cumin or “black curry”, a similar black seed spice with a different flavor, although often considered interchangeable and equally nutritious. This unique black seed cookbook is available on Kindle, direct to your web browser, or on paperback.

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