

BAMBOO AS A FOOD SOURCE

HEALTH BENEFITS OF CONSUMING FRESH BAMBOO SHOOTS

- “ Low in Calories
- “ Great for weight watchers
- “ High Fibre content
- “ Aids in digestion
- “ Relieves Constipation
- “ Extremely beneficial for digestive health
- “ Low Cholesterol levels
- “ Reduce risk of potential heart disease
- “ High in potassium
- “ Keeps blood levels in check
- “ Useful antioxidant
- “ Strengthen the immune system
- “ Anti-inflammatory components
- “ Reduce risk of potential severe diseases – including cancer

Source taken from website: buzzle.com.

Basically bamboo shoots can be added to any dish of vegetarian, fish, chicken & or red meat, especially in stir-frys. After the initial preparation of the shoots, they are one of the last ingredients to be included. They can be eaten separately like chips with a dash of salt, or can be pickled to extend their shelf life & are excellent in salads with fetta & finely chopped garlic, one or two of the sweeter varieties can even be eaten raw!

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