

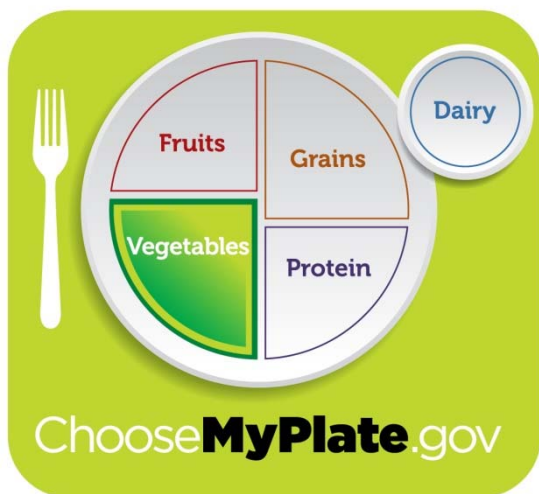
# Purple Cauliflower

Yes, you read that correctly. **Purple cauliflower!**

Today you will get to try purple cauliflower. How did the cauliflower become purple? It is purple because of an antioxidant called anthocyanin, the same antioxidant that is in purple grapes or red cabbage. You eat it just like white cauliflower. Yellow, orange and green varieties of cauliflower exist too.



**Body Benefits:** All cauliflower is high in vitamin C and lower amounts of fiber, vitamin A, folate, calcium, potassium and selenium.



**Fun Fact:** In the French court in the 1600's, cauliflower was a vegetable that was served to kings. Everyone wanted to have a taste of this vegetable. There were dishes with cauliflower in them named after members of the court.



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