CHUFA

Meaning: Chufa, also known as tiger nut, is a small, edible tuber used in snacks and traditional beverages, particularly in Spanish cuisine.

1. Chufa, often known as tiger nut, is gaining popularity as a nutritious snack.
2. In Spanish cuisine, chufa is the main ingredient in the traditional drink called horchata.
3. Many health enthusiasts praise chufa for its high fiber content and various health benefits.
4. Farmers in regions of Valencia cultivate chufa for its economic value and flavor profile.
5. Chufa can be used as a gluten-free alternative in baking and cooking recipes.

Source: sentences.whatistheurl.com

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