A woman with dark hair, wearing a green patterned dress, is shown from the waist up, stretching her arms and head back in a grassy field. The background is a soft-focus green landscape.

Look good - feel better

Super**FOODS**

**An introduction
& guide to using
Superfoods**

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choose superfoods to suit you.**

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Açaí


Derived from the açai palm, native to South America, açai berries are one of the most nutritious native fruits of the Amazon. We offer it in a freeze-dried form, using a highly technological process which ensures the product retains its natural freshness, health benefits, taste and colour.

Açaí contains beneficial levels of vitamins B and C, key minerals, fibre, protein, Essential Fatty Acids (EFAs) and phytonutrients (those found in plants). It is also abundant in potassium and rich in copper, and unusually high in manganese, all essential for life.

The main phytonutrient content is anthocyanins – compounds that have a potent antioxidant activity, allowing for the neutralisation of harmful free radicals and they also reduce cholesterol. Their antioxidant nature benefits key organs and reduces heart disease risk. Açai contains significantly higher levels of anthocyanins than red wine and more than many other berries, including the superfood goji berries. Açai berries are very rich in EFAs,

with around 80% of its composition being essential fatty acids. Each berry contains roughly 50% omega-6 and 30% omega-9. EFAs help support cardiovascular health, joint health, skin health, brain health, maintaining healthy cholesterol levels, can help reduce inflammation and can aid in fat loss.

It has also been shown to be beneficial in improving skins conditions (eczema and psoriasis) and reducing mild allergies. Before consumption just add water to rehydrate or add directly to smoothies and juices. One teaspoon a day is enough to give you all the benefits of the açai berry, but there are no known side effects to taking more.



Açaí Berries

Barley Grass

Barley Grass

Barley grass has been cultivated since 7000BC, and is still used as a food source in some parts of Asia. In the early 20th century, the juice made from barley grass was discovered to be a rich source of vitamins and minerals. Barley grass is harvested at a maximum height of 9 inches and dried at low temperatures and then made into a powder.

Barley grass neutralises free-radicals, pesticides and preservatives, making it an ideal detox food. Along with the other cereal grasses in the same family, such as wheatgrass, it has been found to be one of the most nutritionally balanced foods in nature.

Barley grass juice contains a rich assortment of vitamins, including a wide range of B vitamins, C, E and K – all vitamins have a greater absorption level when taken together than separately. Barley grass is rich in calcium, iron, copper, potassium, manganese and zinc, making it a great source of minerals. It has been used to alleviate various conditions including arthritis, inflammation, asthma, anaemia, hypertension, diabetes, blood clots, obesity, impotence and kidney problems.

Barley grass also has very high living chlorophyll levels. Chlorophyll has been extensively studied and shown to aid in rebuilding red blood cells, as it has a very similar structure to haemoglobin. For this reason, it can be beneficial to cardiovascular health as it reduces stress to the system by carrying more oxygen around the body. Chlorophyll also acts to detox the body from heavy metals and pollutants such as cigarette smoke and car fumes which are ingested daily.

Barley grass can be taken as a juice, but it is more commonly taken in powder or tablet form. As a powder, it can be mixed into juices, shakes and smoothies or added to raw food recipes. Start with 1 teaspoon a day and gradually increase your dose to a tablespoon.

Bee Pollen

Bee pollen has been celebrated for centuries as an amazing superfood. The earliest records show that the Ancient Egyptians, Romans and Greeks all used bee pollen for its many benefits. Hippocrates valued it as contributing towards a long life.

Bee pollen is known as a superfood because of its amazing, nutritious composition, containing:

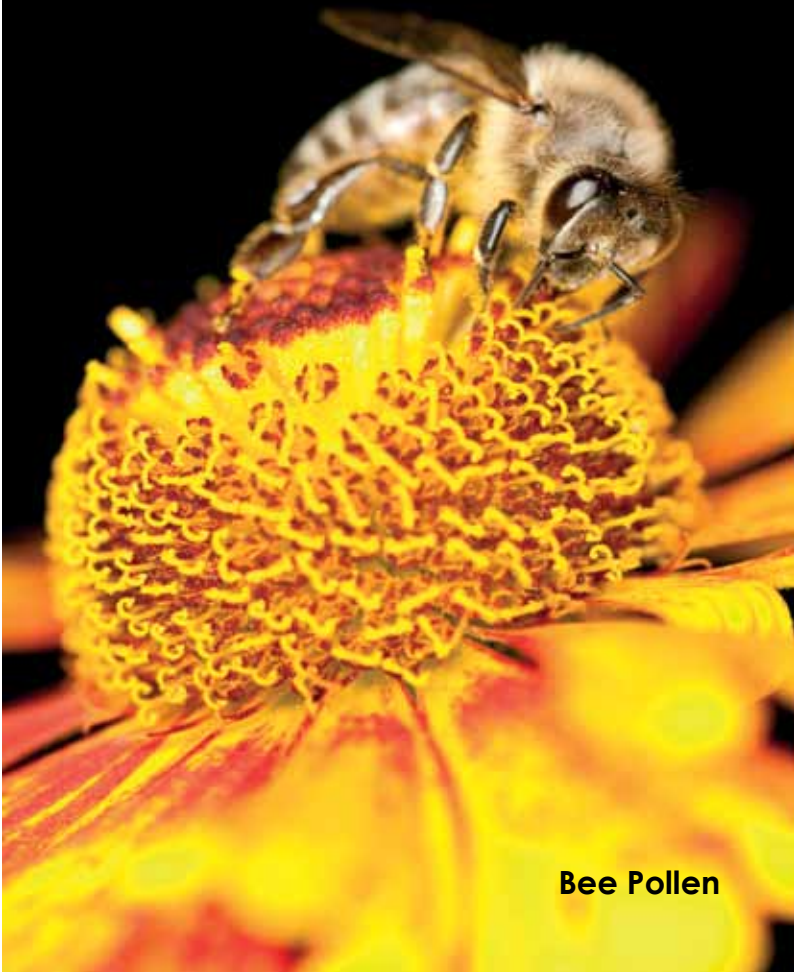
- all of the essential amino acids;
- 18 vitamins including A, Bs, C, D, E, H and K;
- 59 trace elements;
- 25 minerals including calcium, iron and potassium;
- 11 enzymes;
- a rich source of Essential Fatty Acids (EFAs*).

EFAs support the cardiovascular, reproductive, immune and nervous systems, are needed to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. They are needed to regulate body functions such as heart rate, blood pressure, blood clotting, fertility, conception, and play a role in immune function by regulating inflammation and encouraging the body to fight

infection. Bee pollen is an excellent source of protein for vegetarians as it typically contains more than meat, eggs and dairy products – made up of approximately 30% protein. Many people claim that bee pollen is the best treatment for relief of allergies, in particular, hayfever. It works like a vaccine; by introducing the body slowly to the irritant at low levels, the immune system builds future defences against the harmful substance without the irritant levels causing any damage.

The recommended dosage for bee pollen granules is 1 tablespoon daily. However, there have been no reported side effects when taking more than this. To treat hayfever, it is recommended that you start with 1 tablespoon 3–5 months before the summer season, then increase to 2–3 tablespoons.

* EFAs are necessary fats that we cannot synthesise, and must be obtained through our diet.



Bee Pollen

Cacao Nibs

Cacao beans are the raw ingredient that chocolate is made from. Originally from Central America, cacao beans were so precious in Mayan and Aztec ancient cultures that they were used as money.

Raw cacao is approximately 4000% higher in antioxidants than blueberries. They contain over 300 identifiable chemical compounds, including anandamide (the bliss chemical) dopamine (a neurotransmitter), epicatechins (antioxidants), histamine, magnesium, serotonin (an anti-stress neurotransmitter) and tryptophan (anti-depressant amino acid).

Cacao is also extremely rich in magnesium, which is known to decrease blood coagulation, lowering blood pressure and helping the heart pump more effectively, thereby reducing the likelihood of blood clots and strokes.

Eat whole as a nutritious snack, or crack open to mix with fruit, salads, smoothies and desserts. They are delicious sprinkled over muesli or mixed with honey as a tasty sweetener.



Cacao Beans

Chlorella

Chlorella is an algae that grows in fresh water, only discovered in the late 19th century. It has been used as an energy-producing food ever since and is particularly popular in Asia.

Chlorella is mainly used to boost the immune system, reducing the chances of infection. Its high chlorophyll levels make it a good supplement for those with anaemia as chlorophyll aids the production of red blood cells. An abundance of chlorophyll also helps protect against the negative effects of ultraviolet radiation. Chlorella is perhaps best known for preventing the spread of cancerous cells and protecting against the adverse effects of radiotherapy treatment. It provides most of the amino acids needed by the body (needed to build and repair cells in the body) including all of the essential amino acids and is also a good source of essential fatty acids (EFAs). The essential amino and fatty acids must be obtained through the diet as the human body cannot make them itself. It is high in vitamins and minerals

including vitamins A, C, B1, B2, B5, B6, B12, E and K and the minerals include calcium, potassium, zinc, magnesium and phosphorus. These high levels of vitamins, minerals and chlorophyll have been shown to protect against and help remove toxic chemicals, making chlorella a good supplement to take whilst detoxing. It is also high in fibre for good intestinal health and contains carotenoids which have a role in lowering cholesterol.

Chlorella can be taken in tablet and powder form, where it can be mixed into juices, shakes and smoothies. Individuals with a sensitive stomach should only take about ¼ teaspoon a day as it has a very high fibre content and this can shock some stomachs. The average person will probably need about ½ teaspoon per day, taken with food.

Goji Berries

Goji berries are also known as Wolfberries, Lycium berries and Gou Ji Zi berries. They have been used in traditional Chinese medicine for centuries.

High in antioxidants, carotenoids and vitamin C, they are also rich in vitamins B1, B2, B6 and E, amino acids and contain trace minerals (including zinc, iron and copper). Introduced into Britain in the 1700s by the Duke of Argyll, they continue to grow wild in hedgerows today.

Potential medicinal benefits have been shown in studies regarding its antioxidant properties, including possible protection against cardiovascular and inflammatory diseases, vision-related diseases, having neuroprotective properties and as an anti-cancer agent.

Hemp

Hemp seed is one of the most concentrated, complete and balanced sources of Essential Amino Acids (EAAs) and Essential Fatty Acids (EFAs) available from the plant kingdom.

Hemp seeds are rich in essential nutrients including chlorophyll, phytosterols, ascorbic acid, beta-carotene, calcium, fibre, histidine, iron, potassium, phosphorus, magnesium, sulphur, riboflavin, niacin and thiamine.

Hemp seed contains all 10 essential EAAs. Hemp seed protein is comprised of 65% high quality edestin protein, the most potent plant protein, very compatible with the human digestive system. Hemp seed is rich in omega-6 EFAs as well as being one of the few plant sources of GLAs. It also contains a large dietary supplement of omega-3 (higher than walnuts). These oils are known to improve memory and strengthen brain cells.



Goji Berries

Kelp

Kelp is an algae and is a good source of marine minerals including potassium, magnesium, calcium and iron. It is also an excellent source of iodine. Kelp also contains vitamins and cell salts essential for good nutrition.

Kelp is usually taken for its iodine content which is needed for healthy thyroid action governing healthy hair, nails, skin and teeth. The thyroid gland regulates the production of energy, stimulates the metabolic rate and so helps the body burn excess fat. For this reason it is often used by people on a calorie controlled diet wishing to lose weight. Many nutritionists recommend kelp to assist with a sluggish metabolism.

As a dietary supplement, take ¼ level teaspoon 1–3 times daily, preferably with meals.

Lucuma

This exotic Peruvian fruit, pronounced loo-ku-mah, was once known as the ‘Gold of the Incas’. It has a strong fragrance and a full-bodied maple-like flavour with a firm and rich pumpkin-like pulp that is orange and yellow in colour.

The fruits are an excellent source of carbohydrates, fibre, vitamins and minerals including remarkable concentrations of beta-carotene, niacin and iron.

Lucuma powder is an extremely versatile and tasty ingredient which blends well with ice creams, baby food, yogurts, pies, cakes, cookie fillings and desserts and can be used to make Lucuma mousse, pudding or parfait. It can be used as a flour to make pies, cakes and pastries and can also be added to smoothies, milk and other beverages.

Maca Root

Maca is indigenous to the mountains (Central Andes) of Peru, where it has been a highly reputed food since the time of the ancient Incas. It is a tuberous root vegetable resembling a turnip which can be processed into a flour-like powder.

Maca Root is known to increase libido, fertility, general energy and stamina. It has been called Peruvian Ginseng and Natural Viagra due to its powerful aphrodisiac effects for both men and women.

Maca Root can also be used as a natural hormone balancer (pre-menstrual – correcting irregular menstruation; and menopausal – easing symptoms) for women and can also be used to reduce insomnia and acne for both sexes. As well as boosting energy and stamina, maca has high levels of many nutrients, particularly potassium and calcium. It also contains EFAs (essential fatty acids), necessary fats that we cannot

synthesise, and must be obtained through our diet. They support the cardiovascular, reproductive, immune and nervous systems, are essential in the manufacture and repair of cell membranes, enabling them to obtain optimum nutrition and expel harmful waste products.

Traditionally, maca roots are taken in powdered form – a little like flour. An easy way to add maca to your diet is to bake with it. For instance, make muffins or bread and replace a couple of tablespoons of flour with maca. It is easy to mix into smoothies, juices or shakes for a healthy breakfast. Three or more grams of maca root per day is usually recommended.

Mesquite

The mesquite tree is indigenous to South America and the South Western USA, providing a staple food to the people living in the deserts. It has been used as a baking flour for over 2000 years and its nutty, sweet flavour is often described as being similar to molasses and caramel.

Mesquite is a natural sweetener which does not affect insulin levels – perfect for those looking to balance blood sugar levels. The sugar in mesquite is in the form of fructose which does not require insulin for metabolism. Consequently, mesquite helps maintain a constant blood sugar level for a sustained period of time. Additionally, the flour is an excellent form of fibre – meeting almost a quarter of daily needs in just two tablespoons – which not only improves digestion but further benefits sugar metabolism. Mesquite also contains lysine as well as notable quantities of digestible protein (17%), calcium, magnesium, potassium, iron and zinc.

Use mesquite as a delicious ingredient in baking, smoothies or as an alternative to sugar in coffee and teas. In baking, it is usually used in combination with other flours with around 25–30% mesquite.

Spirulina

Spirulina is organically cultivated on an island in the South China Sea. It is a single celled blue-green algae that gets its name from its spiral shape. This simple organism has been around for millions of years, but is now classed as a supernutrient because of its exceptional nutritional content.

Spirulina has a 64% protein content, one of the highest forms of digestible protein available. It provides a rich natural source of vitamin B12, C and E.

Its mineral content includes high amounts of absorbable iron and magnesium. The defining feature of spirulina is the broad range of phytonutrients including beta carotene, chlorophyll and phycocyanin. Its outstanding nutritional profile also includes essential fatty acids; necessary fats that we cannot synthesise and must be obtained through our diet. It is also high in GLA fatty acid, lipids and the nucleic acids (RNA and DNA). These components make spirulina a highly nutritious

food. The phytonutrients work to protect the body from free-radicals and encourage cell growth. Chlorophyll has a very similar structure to haemoglobin, helping our body to create red blood cells. Research has shown that spirulina supports important parts of the immune system including bone marrow stem cells, white blood cells, and the spleen and thymus glands. It also shows that immune defence cells increase in number, become activated and provide a more effective defence against viruses and bacteria.

The recommended dosage for adults is 1–2 teaspoons daily stirred into water, juice or smoothies.



Spirulina



Wheatgrass Smoothie

Wheatgrass

The powdered form of wheatgrass is only bettered slightly by growing it yourself. In either form it offers an abundance of nutritional benefits, many of which are essential to a full detox diet.

Wheatgrass is rich in chlorophyll, vitamins, minerals and all 9 essential amino acids. In fact, all essential vitamins, amino acids, and minerals needed to support human life are found within it – it is a complete food in itself. This means that the human body does not need any additional food source to sustain it. When grown in organic soil it carries 92 of the 102 minerals found in the soil, including an extremely high magnesium content which is needed to restore hormones.

The high chlorophyll content allows increased red blood cell production and high blood oxygenation. Other health benefits include helping to detoxify the liver and blood (particularly of toxins and heavy metals), improving blood sugar disorders, reducing

blood pressure, facilitating better digestion, improving skin conditions (eczema and psoriasis) and it is also helpful in enhancing overall immunity, especially beneficial during the winter months.

The chlorophyll found in wheatgrass increases the enzyme levels in our bodies, aiding in cell rejuvenation and which could offer anti-cancer properties. As a powder, wheatgrass can be mixed into water, juices and smoothies or mixed into raw recipes. However, be careful which juices you mix it with, as wheatgrass is an alkaline substance you will need to avoid acidic juices such as orange and tomato.

To start with, the recommended dosage is 2 teaspoons, gradually increasing to a tablespoon a day.

Recipes

We thought that you might need a little inspiration in how to integrate Superfoods into your daily diet, so we've included a few recipe ideas for you to be going on with. We hope you enjoy them.

Açaí Energy Bowl

Ingredients:

- 225g Açaí powder
- 8 whole strawberries (fresh or frozen)
- ¼ cup plain yogurt
- ¼ cup soy milk
- ½ tsp vanilla extract
- ½ cup granola
- ½ cup fresh berries or seasonal fruit

Instructions:

In a blender, puree açai, strawberries, yogurt, soy milk, and vanilla for 1 minute, until smooth. Pour into a bowl and top with granola and fruit. Serve chilled.

Variants: Crumbled cookies may be exchanged for granola. Other fruit (such as bananas or mangoes) may be substituted in like amount for strawberries.

Makes 2 servings

Green Barley Grass Smoothie

Ingredients:

- 1 cup baby spinach
- 1 cup of rocket
- 1 cup strawberries
- 1 mango
- 1 apple
- 1 tbsp green barley grass powder
- 2 cups water

Instructions:

Simply blend. For a thicker smoothie you could add a cup of ice whilst blending.

Makes 2 servings



Goji Berry Muffins

Bee Pollen and Honey Egg Nog

Ingredients:

- 2 eggs beaten
- 2 tbsp honey
- 2 cups cold milk, or cold plain rice milk, or plain soya milk
- ½ tsp vanilla extract
- Dash of ground nutmeg
- 2 tbsp Bee Pollen granules

Instructions:

Combine eggs with honey and Bee Pollen and mix well. Beat in milk and vanilla. Sprinkle lightly with nutmeg.

Makes 2 servings

Cacao and Carob Drink

Ingredients:

- 6 tbsp Cacao nibs
- 1 tbsp Carob
- ¼ tsp Himalayan Salt
- ¼ cup Agave Nectar
- 6 cups Pure Water

Instructions:

Grind the Cacao in a coffee grinder or mortar and pestle. Blend all ingredients until smooth. Leave in glass container overnight to merge flavours and soften

Cacao bits.

Makes 2-4 servings

Goji Berry Muffins

Ingredients:

- 450g butter
- 450g brown sugar
- 225g honey
- 6 eggs
- 1 tsp vanilla extract
- 1 tsp salt
- 3tsp baking powder
- 3tsp bicarbonate of soda
- 800g flour
- 180g wholemeal flour
- 1 tsp cinnamon
- 1 tsp nutmeg
- 225ml milk
- 180ml single cream
- 200g chopped pecans
- 250g dried goji berries soaked in stock syrup

Instructions:

Cream the butter, sugar, and honey then add the eggs gradually. Add the cream and then the milk slowly, alternating with the flour and other dry ingredients. Finally fold in the goji berries and nuts, spoon into cases and bake for 10–15 minutes at 180c or gasmark 5

This makes approximately 36 muffins



**Bee Pollen &
Honey Egg Nog**

Maca Root Smoothie

Ingredients:

- 1 cup frozen mixed berries
- 1 banana
- ½ cup whole milk plain yogurt
- 1 cup orange juice
- 1 tbsp maca powder

Instructions:

Blend in blender for 2 minutes.

Makes 2 servings

Choc-chip and Mesquite Cookies

Ingredients:

- 330g flour (use buckwheat for gluten-free)
- 160g mesquite flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- ¾ tsp fine sea salt
- 220g unsalted butter (at room temperature)
- 400g natural cane sugar
- 3 large eggs (at room temperature)
- 2 tsp vanilla extract
- 230g porridge oats
- 360g chocolate chips

Instructions:

You will need two greased or lined baking sheets. Preheat the oven to 190c or gas mark 5.

In a bowl, mix the flour, mesquite powder, baking powder, bicarbonate of soda and salt.

Cream the butter and sugar until smooth. Add the eggs one at a time and then the vanilla extract.

Next, add the flour mixture a little at a time. Mix in the oats and chocolate chips.

The dough is quite stiff at this point and if you're not using a powerful standing electric mixer, you may wish to roll up your sleeves and use your hands.

Using about a tablespoon for each cookie, place your mixture on the baking sheets, with a good space between them.

Bake for 10–12 minutes, until just beginning to set.

Tip: to help keep the cookies moist while they cool, take a spatula and tap the top of each cookie once, very lightly, to flatten any peaks and level them.

This makes approximately 24 cookies



Choc-chip Cookies

Spirulina Smoothie

Ingredients:

- 1 tbsp Spirulina
- ½ vanilla essence
- 2 cups of apple, orange or pineapple
- ½ cup of ice

Instructions:

Blend spirulina, fruit, vanilla essence and ice.

Makes 2 servings

Chlorella Pesto

Ingredients:

- 1 bunch fresh basil
- 1 tbsp chlorella
- ¼ -½ head of garlic (or more if you're feeling brave!)
- ¼ cup of olive oil
- ½ cup of parmesan cheese
- ¼ cup of pine nuts
- 1 tbsp lemon juice
- 500g pasta

Instructions:

Put the Chlorella, basil, garlic and olive oil in a blender and puree. Lightly toast the pine nuts in olive oil. Add cheese, lemon juice and pine nuts to the puree. Stir into hot pasta and enjoy!

Makes 4-6 servings

Peachy Honey Float

Ingredients:

- 2 cups crushed fresh peaches
- ½ cup honey, teaspoon of bee pollen
- 4 cups milk, almond milk or rice milk
- ½ tsp pure almond extract
- 4 cups good quality vanilla or cherry ice cream or vanilla rice ice cream

Instructions:

Combine fresh peaches and honey in a container or blender. Add half the milk; beat and blend. Add the remaining milk and almond extract and half of the ice cream. Beat until smooth.

Pour into 4-6 tall glasses, top with the balance of the ice cream.

What a great healthy treat!



Chlorella Pesto

No Bake Hemp Protein Bar

Ingredients:

- 5 tbsp natural peanut butter (chunky or smooth)
- 100g dry oatmeal
- 100g oat flour (double the dry oats if you do not have oat flour)
- 6 scoops Hemp Natural protein
- 1 tsp vanilla essence
- 125ml milk (dairy, soy, almond or hemp)
- 125ml water

Instructions:

Combine the dry ingredients in a medium size bowl and mix well.

Add peanut butter and mix – the mixture will be crumbly and dry.

Add water and vanilla.

Spread dough into pan using a clean wooden spoon or spatula that has been sprayed with non-stick cooking spray.

Refrigerate a few hours (or freeze for an hour) and cut into 9 squares. Store in covered container between sheets of wax paper and keep refrigerated.

Makes 9 bars

Breakfast Hemp Smoothie

Ingredients:

- 1 banana
- 200g of raspberries, blueberries or strawberries
- 100g of cashew yogurt or cashew milk
- 200ml water
- 2 scoops of hemp protein powder
- 1-2 tsps organic raw agave nectar

Instructions:

Blend ingredients together thoroughly.

Makes enough for 2 large glasses



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Overwhelmed by superfoods? Don't know your açai from your maca root?

Every day science is discovering more about the amazing health properties and benefits of superfoods from around the globe.

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