

# Amazing Green Superfoods

Green superfoods are foods which are rich in chlorophyll - the pigment that gives plants their green colour. The molecular structure of chlorophyll is very similar to that of human blood and studies show that when we drink/eat it, the production of haemoglobin in our blood is increased. Higher amounts of haemoglobin in the bloodstream results in more oxygen in the blood, which is essential for healthy cells and good energy levels.

Green superfoods have the highest concentrations of easily digestible nutrients, fat burning compounds, vitamins and minerals to protect and heal your body. They contain a wide array of beneficial substances including proteins, protective photo-chemicals and healthy bacteria helping you to build healthy muscles and tissues, aid your digestive system function and more effectively protect you against disease and illness.

And it IS easy being green! There are lots of delicious, readily available and cost effective ways to incorporate green superfoods into your diet.



*Superfood*  
of the month

Spirulina



Weight for weight, spirulina is nature's richest and most complete source of nutrition.

- 300% more protein than fish, meat or poultry – yet no cholesterol
- 58 x richer in iron than spinach
- Twice as rich in chlorophyll than alfalfa, barley grass or wheatgrass
- Rich source of antioxidants – 25 x more beta-carotene than carrots

All in a natural, easy to absorb form!

Spirulina is one of nature's true superfoods



available in powder or easy to swallow tablets. Speak with our naturopaths for the best dosage for you.

## Green Superfoods Specials

### Organic Kale

Choose from Green Dwarf, Green Kurly, Green Flat, Purple Kurly, Purple Flat and Tuscan.

Kale is a form of cabbage and closely related to Spring Greens and Collard Greens. It is extremely rich in nutrients and antioxidants and also taste fantastic in juices!



**\$2.95**  
per bunch

2 bunches  
for just  
**\$5**

### Recipe

*Delicious pickled cabbage*

#### Ingredients

- 1/2 cabbage
- 1 x tbsp mustard
- 2 x star anise
- 1 x cinnamon quill
- 50ml white wine vinegar
- 150 ml white wine
- 50g caster sugar
- 1/2 sliced onion

Lightly fry the onion with the mustard seeds, cinnamon, and star anise. Add white wine vinegar, white wine and sugar. Reduce by half over a low heat. Add cabbage and cook till tender



**\$2**  
per quarter

### Organic Green cabbage

### Vital Greens

Vital Greens is a phyto-nutrient rich superfood and a comprehensive source of all essential daily nutrients in an easy powdered form.



**\$73.95**  
save \$13

**\$24.85**  
save \$4.40

### Broccoli Sprout Powder

All the goodness of broccoli sprouts in a versatile powder. A great garnish for salads and soups and a tasty addition to mashed potatoes. High in fibre and vitamin C.



**\$33.95**  
save \$6

### Absolute Red certified organic nutrient rich wholefood powders.

Choose from Wheat Grass, Barley Grass and Green Tea. Mix with water or add to your favourite juice or smoothie for an easy way to add lots of nutrients to your diet.



**\$20.95ea**  
save \$2.10

### Revolution Bars

organic food bars with sprouted flaxseeds.

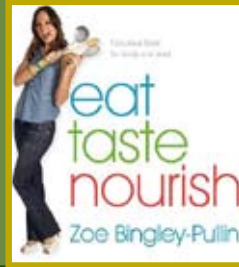


**\$3.90ea**  
save \$1

## Book of the month

**Eat Taste Nourish,**  
by Zoe Bingley-Pullin

In *Eat Taste Nourish*, Nutritionist Zoe Bingley-Pullin draws from her experience as a chef in France where she learned the joy of preparing sumptuous food without having to worry about her waistline. It's packed with easy recipes for all meals of the day plus yummy snacks for in between.



## Cafe Special

**Kale and Apple Juice**

**\$3.90**



or add a shot of spirulina to your favourite juice for just \$2

## Cooking School



### Cooking school

Cooking classes with a focus on nutrition. Learn to cook delicious and healthy meals! Classes are run by nutritionist and published chef Zoe Bingley-Pullin. Classes run from 6-8pm and cost \$100 which includes recipes, aboutlife apron, food and lots of fun.

### Healthy Cooking for the whole family

**Bondi Junction 11th August**

Call 9389 7611 to book

**Rozelle 25th August**

Call 8755 1311 to book



## New Products

**NEW in Rozelle**

*Simmons Logue* new naughty treats instore now Choose from Simmons's bread & butter pudding, self saucing chocolate pudding & apple crumble



**NEW in Bondi Junction**

*Manuka and olive leaf lollies*  
Soothes the throat or just a great lolly for the immunity

**\$6.95**



*Nushies. Vegan ice cream*  
Available in 4 new flavours - truly decadent tiramisu, strawberry, chocolate & vanilla.

Nushies ice cream range are all dairy free, gluten free and preservative free



*Ginger and lemon hot drink*  
Will warm you from the inside!  
Available from our cafe

**\$2**



All specials available until the end of August or while stocks last.

**rozelle** 605 darling st | phone 8755 1333  
open hours m-th 6am-8pm, f 6am-7pm, s&s 7am-7pm

**bondi junction** 31-37 oxford st | phone 9389 7611  
open hours m-f 7am-8pm, s&s 7am-7pm

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