Complementary Blog Post: Benefits of Super Foods

Subject: Best Ways to Use Super Foods

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Super foods are renowned for their amazing health benefits, but it can be difficult knowing how to use them effectively.

How many super foods should you be including in your diet and more importantly, how should they be added? These are just a couple of questions people have when considering adding super foods to their daily diet.

If you’re looking for inspiration, below you’ll discover the best ways to use super foods.

1. Broccoli

It’s widely known that green vegetables are essential for good health. Broccoli is one of the easiest superfoods to add to your daily diet and it’s packed full of fantastic nutrients. In fact, did you know it provides a staggering 205% of your recommended daily Vitamin C allowance?

You can add broccoli to stir fry’s, or create a tasty side dish by adding garlic.

2. Create a super smoothie

You’ll find hundreds of delicious super food smoothie recipes online. What’s great about smoothies, is the fact you can add numerous super foods to them at the same time, making it easier to ensure you’re getting your daily intake of super foods in just one meal.

Add chai seeds and if you want to be super-healthy, spirulina. It may have a suspiciously dark green color, but spirulina has some amazing benefits, including nutrients known to prevent stress and damage to the body.

3. Add nuts to your morning oats

Oats are considered a super food in themselves, so adding nuts such as walnuts, creates a super-healthy breakfast. Both the oats and the nuts are packed full of nutrients, and they also deliver a gradual release of energy; helping to keep you feeling fuller for longer.

4. Thicken soups with cauliflower

Yes, you read that right – cauliflower is an excellent thickening food and it’s packed full of fantastic benefits. One of the best advantages of cauliflowers is they contain cancer-fighting ingredients.

To add it to your soups, you’ll need to puree it first.

5. Use canned salmon

Adding salmon to a salad is a great way to ensure you’re getting plenty of omega-3’s. However, you don’t have to cook a whole fillet to reap the benefits. Instead, opt for canned salmon, ensuring it’s been line-caught.

So, now you know how to use them, but do you know why you should use them? Check out the blog on our site to learn more about the benefits of super foods.

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These are just a few great ways you can use superfoods in your daily diet. It’s easier than you might think, and by eating them daily, you’ll soon start to discover the great health benefits they provide.

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