6 Recipes That Have Folic Acid in Them Naturally

Hello [[firstname]],

This email is going to go over recipes to use folic acid in, but you should definitely catch up on the blog post from today first:

[insert link]

You do not have to go out and hunt down a full recipe book to find ones that have folic acid naturally. In fact, you may already be eating recipes that have folic acid in them. If you are working on a food plan for the week or month, and you need to ensure you are getting at least one folic acid filled meal once a day, then consider these recipes as a viable option.

**Banana Nut Bread**

Banana is full of folic acid along with a heavy dose of potassium. You can take this superfood fruit and put it into tasty banana nut bread. The nuts will also add to the overall boost of folic acid. The bread can be made for the week and cut into slices to have as a snack or dessert that is filled with nutrients. This can also be a gluten free option or vegan option with a few slight changes to the recipe.

**Lentil Soup and Spinach**

Lentil soup is easy to make and is full of folic acid, protein, and carbs. The soup can be enhanced easily with another food that is full of folic acid along with a high dose of iron. That food is spinach. This warm and inviting soup is ideal for expectant mothers that need to get as many nutrients as they can into one packed meal.

**Broccoli and Artichoke Dip**

Broccoli and artichoke are usually listed on folic acid filled foods and superfood lists. What you may not have thought about is mixing the two together to make a cheese deep. Cream cheese, artichoke and broccoli can be mixed to make a folic acid filled dip that everyone can enjoy. It is also quick and ideal for holiday parties and gatherings.

**Peanut Butter Energy Balls**

Peanuts are known for their folic acid and protein. You may lean more to peanut butter though as an option instead of just peanuts. If that is the case consider making peanut butter energy balls. Use a protein or whey powder that has a high folic acid count. Mix with peanut butter, rolled oats, and chocolate chips. Roll and chill for several hours.

**Salmon and Avocado Salad**

Salmon offers a variety of benefits for the memory. Avocado is the superfood that offers folic acid, potassium, healthy oils, and many other nutrients. Consider making a salad of spinach leaves, kale, and avocado slices. Top the salad with salmon and enjoy your superfood dinner.

**Avocado and Cream Cheese Sushi**

If sushi is your dish of choice, you may be surprised to find out that a simple california roll contains folic acid naturally. You get his benefit from the seaweed or nori that wraps the roll along with the superfood power of avocado. This makes this roll the ideal option for sushi lovers that want to get the most folic acid possible.

You can take these recipes and add to them, boost them with superfoods, or you can keep them as is and revolve them out in your meal plans. Just remember, the easiest way to make meals that have folic acid in them naturally, is to research your folic acid filled foods and narrow down the ones that you like and are easy to find year round. This will help you keep the recipes coming and keep your folic acid levels maintained.

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