3 Ways to Use Wheatgrass

Hello [[firstname]],

As you know from the blog post ‘Benefits of Wheatgrass’, there are many reasons to add wheatgrass to your diet. Go read the blog post first if you haven’t yet.

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When you think of wheatgrass, you probably think of it in a wheatgrass shot from a health food store or juice bar. In fact, most people think this is the only way to get or use wheatgrass in your diet. The truth is there are at least three other ways to use wheatgrass in your diet and get the full benefits that you would if you were taking a shot of it every day. Here are those three ways and how to use each method in your daily health routine at home.

**Chewing**

The first thing to keep in mind is that the human body has a difficult time digesting wheatgrass raw. It can be broken down in juice or blended into juicing and smoothie recipes. However, eating it directly presents a problem. So, one method to get wheatgrass into your diet especially if you are just starting out is to chew it and spit out the fibers. You can get a taste for wheatgrass this way while building up your body to being able to digest wheatgrass as a whole. Once you are ready to increase your intake you can move to other methods. This is also a good method for someone who is trying to stop using chewing tobacco and needs something to replace that chew and spit technique.

**Blending**

Blending wheatgrass into juices and smoothies or into water is one of the most common methods of using wheatgrass. One thing you need to keep in mind with this method is that it may be very fibrous or chunky. If that is the case, you will need to drain the drink that you blend. This will give you a bit more juice, but may be a bit time consuming. If you decide to keep using this method, you should consider a specialized juicer for your wheatgrass that easily separates the fiber from the juice making it easier to add to your other drinks throughout the day.

**Ice Cubes**

You may not think about making ice cubes from wheatgrass juice, but it is a way to get it into your juicing or get your kids to eat this superfood. This is a fairly clear cut method. All you do is juice the wheatgrass and put it into ice cube trays. Freeze the cubes and drop them into your daily juices later. It won't dilute your juices but it will help cool them and keep them cool while infusing them with wheatgrass a little as a time.

These are only three of the ways to use wheatgrass in your diet. There are other ways and each one can be adapted to your needs and routine.

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