

# SUPERFOODS

**IF YOU WANT TO INCREASE YOUR METABOLIC RATE, BURN CALORIES AND BOOST WEIGHT REDUCTION, YOU'LL WANT THESE IN YOUR LOCKER**

The superfood groups are the super heroes of the nutrition world, hailing special powers and properties, and giving them a status above other foods. These special powers vary from building bones, preventing disease, improving your eyesight and helping to elevate your brain activity. What would you think if a superfood boosted your metabolic rate, assisted you when it comes to reducing weight and helped you to reach or stay at your overall goals? Research has shown that the following six superfoods have a beneficial effect, while our recipes combine metabolic boosting foods with great taste. So tweak what you eat and start adding these foods into your diet to reap serious benefits.

## GREEN TEA

If you have four cups of this a day you may notice that your appetite is curbed. It helps to reduce craving responsive snack consumption. It is also said to help regulate blood sugar, which again can reduce cravings. This is thanks to a fat absorption inhibitory quality, and is regularly attributed to increasing the body's basal metabolic rate. It is thought that drinking green tea post workout helps maintain the elevated fat burning and increased metabolism you've created.



## PINEAPPLE

This tropical fruit is full of iodine, which is active in the healthy state of the thyroid gland- the control centre for how quickly your body uses energy sources. In basic terms, if your thyroid gland is under-active you may find yourself feeling fatigued and prone to weight gain. Conversely, if the thyroid gland is over active your health can become at risk with pressure on the heart muscle, increased pulse rate, increased heartbeat, and increased nervous activity. You may find that you lose weight as a side effect, but in an unhealthy fashion.

## GINGER

This spice warms in your mouth, but it also warms your body inside. It creates body heat that kick starts your fat-burning system. I would suggest that you try to avoid this spice too near to bedtime, and also when you need to calm down as it is a stimulant, and you don't need to disturb essential 'beauty' and recovery-filled sleep. You could add this to soup, curry or grate onto a salad, or very simply add to warm water for a spicy drink.



## CHILLI

Chillies and peppers contain capsaicin, a chemical that increases your body's internal activity levels and which means there is a higher likelihood of burning available calories and not turning them to fat. There is evidence from research to suggest that the effect from eating these body-boosting gems continues after your meal, and in some cases maintains a 25% efficiency at burning fat for up to three hours post consumption.



## SALMON & SUNFLOWER SEEDS

These are both high-zinc foods. Energy regulation and how energy is used is controlled by the hormone leptin, which requires zinc to work effectively. Another benefit is the high protein content of both of these foods, essential for keeping you feeling full for longer periods and simultaneously stabilising a healthy blood sugar level.



## BROWN OR WILD BLACK RICE

This useful grain is burned slowly within the body and helps to keep you feeling full for a longer period. It is an invaluable source of B vitamins, essential for burning fat, assisting the liver to clear toxins and reducing congestion.



## GINGER SEED CAKE WITH PUMPKIN SEEDS

Method - Pre-heat your oven to 180 degrees C. Grease your baking/cake tin 8-inch round. Add 2 tbsp ginger paste, 1 cup chestnut flour, 1 cup Linwoods (flax, sunflower, pumpkin, and goji berries), 1/2 cup melted coconut oil, 7 figs, 2/3 cup almond milk, 2 medium eggs and 1tsp baking soda to your blender. Blend together and spoon into the cake tin. Sprinkle pumpkin seeds on top and bake for 20 minutes or until golden brown. I serve drizzled with Walden Farm pancake syrup so I tend not to use stevia or honey in the mix. You can add it into the cake mix if you prefer.



## FLAKED SALMON & BLACK CHILLI RICE RISOTTO

Method - boil a pan of water before adding a cup of rice and bring to the boil, then leave to simmer until the rice is cooked. Steam your salmon fillet, separately steam long stem broccoli with sliced fresh red chilli. Drain and rinse the rice. Place in a bowl and add the broccoli, Chilli and your salmon fillet (which you have flaked). Toss together and serve.



## GREEN TEA, COCONUT FROZEN PUDDING WITH PINEAPPLE TOPPING

Method - pre brew some green tea, add a mug full to a bowl. Add 2 cups of desiccated coconut. Allow it to absorb the tea and add a tin of coconut milk. Mix thoroughly and then add 1 tsp of matcha green tea powder. Heat a little water in a pan and dissolve some gelatin crystals into the simmering water, add this to your mixture if you are refrigerating (not freezing). If you are freezing the dessert, add equal amounts to silicon bun cases, cover with cling film and place in the freezer until solid. The gelatin crystals will help the mix set if you're only using the fridge. Serve with a pineapple foam (fresh pineapple mixed with Walden farms pancake syrup and blended until foamy in texture).



## SMOOTHIE - PINEAPPLE, GREEN TEA, SPINACH, HONEY, LEMON & GINGER

Method - 1 cup of pre-brewed green tea, 3 handfuls of spinach, 1 tbsp honey, 6 tsps lemon juice, 1 tsp ginger paste, 1/2 a fresh pineapple. Place all the ingredients into a food processor or blender and pulse until you're happy with the consistency.