

SPOTLIGHT ON SPIRULINA

WHAT IS SPIRULINA?

Spirulina is a blue-green algae. It is a nutrient dense *superfood that has an alkalising effect on the body and a range of health benefits. It is used as a dietary supplement and can be consumed in a number of ways.*

THE HEALTH BENEFITS OF SPIRULINA

Spirulina contains high levels of vegetable protein and other important nutrients such as calcium, iron, vitamin B12, and chlorophyll. It has been known to boost the immune system, increase energy, reduce inflammation, lower cholesterol, be good for our heart, and improve our digestive health.

WHAT DO YOU DO WITH IT?

Spirulina is dried or freeze dried in powder form and can be bought in capsules or as a loose powder. It is best to look for organic Spirulina to avoid contamination and unnecessary additives.

WHERE CAN I BUY SPIRULINA?

Spirulina is available in health food shops and online. It is worth speaking to your naturopath or preferred health professional for advice on a reputable brand, dosage, and possible side effects.

Like with any natural supplement, listen to your own body when deciding if Spirulina is for you or not, and if you have any questions or concerns, ask a health professional.

GREEN SMOOTHIE WITH SPIRULINA

This delicious green smoothie is a great way to introduce Spirulina to your diet.

Serves 1

INGREDIENTS:

- 1 frozen banana
- 1/2 cup chopped pineapple
- 1 handful of baby spinach
- 1 medjool date, pitted
- 1 cup almond milk
- 1 handful of ice cubes (optional)
- 1-2 tsp spirulina powder

Add all ingredients to a blender and process until smooth and creamy.

Enjoy!