

# SUPERFOODS RECIPE

## GALAXY SMOOTHIE BOWL

### WHAT YOU'LL NEED

(SERVES ONE)

1 frozen banana  
1/2 ripe avocado or frozen avocado chunks  
Generous handful of greens (spinach or kale)  
1 cup milk of your choice (nut, seed, rice, etc)  
1 packet of Blue Majik

### OPTIONAL TOPPINGS

Oats  
Handful of fresh berries  
Fresh fruit slices  
1 teaspoon bee pollen  
1-2 tablespoons hemp seeds  
1 tablespoon raw cacao powder  
1 tablespoon chia seeds

### METHOD

1. Put the banana, avocado, greens, 1 packet of Blue Majik and milk, plus any of your favourite additions, in a blender and blend on high speed until completely smooth.

2. Pour the smoothie into a bowl and top with anything you'd like!

3. To make the bowl look like a galaxy, sprinkle an extra packet of Blue Majik on top of your bowl and use a knife to swirl it around. Then add your favourite toppings!

Don't forget to post a photo and hashtag your creations with #RosehiveBox!

*Pollinate your soul with Rosehive Superfoods!*



#### SNACK 1:

### NUD FUD SPIRULINA BANANA CHIPS

*Spirulina is a cyanobacteria first used by the Aztecs and called "the best food for the future" by the United Nations World Food Conference. This algae is a complete protein rich in B vitamins and has been reported to help correct anemia, balance pH, suppress appetite, reduce radioactive damage and lower cholesterol. Spirulina is a safe and effective superfood that is highly digestible, with no side effects. It does, however, contain iodine, so those allergic or sensitive to iodine should avoid taking it.*

#### SNACK 2:

### SUNBIOTICS TRUFFLE ALMONDS

*A truffle is a fungus which fruits on trees. They are a rich source of most minerals needed by humans like copper, magnesium, manganese, zinc, iron, sodium, potassium and calcium. These delicious almonds are also infused with a probiotic blend of L. acidophilus, B. bifidum, B. lactis, B. longum to promote a healthy digestive tract.*

#### SNACK 3:

### NATURAL SINS CRISPY BEET CHIPS

*Beets get their vibrant color from antioxidant betalains, found in higher concentrations than most vegetables. And studies suggest betalains may help ward off cancer and other degenerative diseases. They also contain Vitamins A, B, and C, which bolsters our immune system, and manufactures red blood cells to produce collagen.*

#### SNACK 4:

### K'UL ARTISAN SUPERFOODS BAR

*This Kul Stamina Superfood Bar contains maca. Peruvians have used Maca root as food and medicine to promote fertility, endurance, energy, vitality, and sexual virility for millennia. History says the Conquistadors demanded to be paid in Maca instead of gold.*

#### DRINK 1:

### KONARED COFFEEBERRY JUICE

*The Coffeeberry is a powerful antioxidant that uses the whole fruit of the coffee plant. It is more than white tea, blueberries, and pomegranates. The KonaRed Coffeeberry juice also contains powerful nutrients such as Quinic Acid, Chlorogenic Acid and Ferulic Acid.*

#### HERB:

### VITAJING HERBS

*All Vitajing Herbs are 100% natural and have a long history of use in Ancient Chinese Medicine.*

#### SUPERFOOD POWDER:

### E3LIVE BLUE MAJIK

*Basically, an algae. In technical terms Blue Majik is an extract of Spirulina (Arthrospira platensis). Its stunning blue pigment is made up primarily of C-Phycocyanin (a type of storage protein rich in amino acids). Much like green spirulina, Blue Majik is known for being nutrient dense; full of vitamins (especially B12), enzymes, and minerals. Studies show C-phycocyanin to be rich in antioxidants with anti-inflammatory properties and a natural COX-2 inhibitor.*

#### SURPRISE ITEM 1:

### KOMBUCHA WONDER DRINK ASIAN PEAR & GINGER

*Kombucha is a fermented beverage of black tea and sugar which ferments to create a carbonated cocktail rich in vinegar, b-vitamins, enzymes, probiotics and a high concentration of acid (acetic, gluconic and lactic), which are tied to improved digestion, weightloss, increased energy, cleansing and detoxification. Ginger is another superfood which holds many healing benefits as well.*

#### SURPRISE ITEM 2:

### ALFALFA SPROUTING SEEDS

*The sprout of the alfalfa flower seed is full of health benefits — all while low in calories and high in vitamins and minerals. Different parts of the alfalfa plant have varied uses and effects. In traditional Chinese medicine, fresh alfalfa juice is used to treat kidney stones, while the plant root is said to control fevers and improve jaundice. Alfalfa leaves contain saponin ' a compound that might have a cholesterol-lowering effect. Alfalfa is generally safe in its natural form. However, the amino acid L-canavanine, found in alfalfa seeds and sprouts, has been shown to trigger lupus flare-ups in patients with a history of the disease. Alfalfa supplements are also not advised during pregnancy.*

*Disclaimer: The information provided is for educational purposes only and is not intended to be a substitute for medical treatment. Please consult your medical care provider before using herbal medicine, particularly if you have a known medical condition or if you are nursing or pregnant.*

