

Nutrition and your good health!



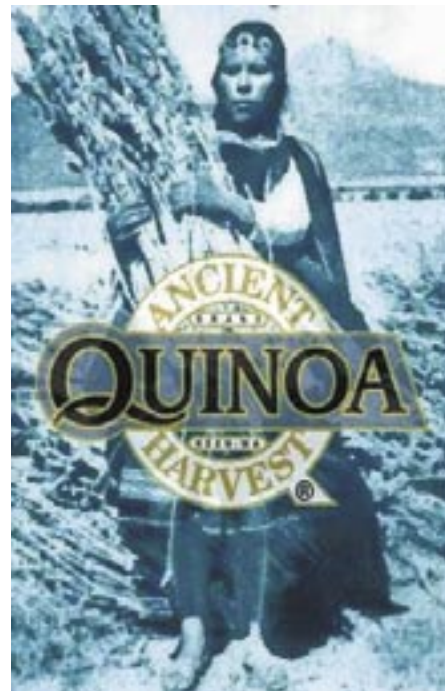
By Oona Doherty

Quinoa...

Quinoa (pronounced “keen wa”) could be considered a supergrain although it’s not really a grain; it is a seed from a leafy plant closely related to spinach and amaranth and has many of the outstanding characteristics of both. It has been cultivated in the Andean highlands since 3,000 BC and was called the “mother grain” as it was capable of sustaining Inca armies for days.

Nutritionally it is unlike other grains. It is well regarded as superior to traditional cereals in that it has the amino acid lysine, so its protein is more complete and higher than in meat and other animal products. It contains primarily potassium and phosphorous. Calcium and iron are significantly higher in quinoa than in rice, maize, wheat or oats; in fact it contains more calcium than milk! It also has high levels of riboflavin, B vitamins, mainly B6, vitamin E and is a great source of magnesium, folic acid and zinc.

Like other slightly bitter flavoured grains including rye, amaranth and oats; quinoa is very helpful for cleansing the arteries and is a fantastic remedy for yeast overgrowth. It can be eaten raw as it has a warming and energising function on the body; however it is best sprouted giving the highest level of enzymes for faster repair and rebuilding of the body. Sprouting makes all food more digestible and the nutrient content increases dramatically – B6 shoots up by 500%, folic acid by 600% and riboflavin (B2) by a staggering 1,300%!



This Picture is taken from the: 'Quinoa Corporation' www.quinoa.net quinoacorp@aol.com

Sprouting

Quinoa is regarded as a fussy grain but if soaked for a few hours in water and

then placed in a sieve and drained fully it performs very well. It needs to be rinsed every day and eaten within 1 to 3 days. Keep it in the fridge after it has started to sprout as this will slow down the sprouting activity and it will keep for longer.

Eating

Try to include quinoa in your diet every other day as it is so rich in calcium, folic acid and protein. It is delicious and nutritious especially when mixed with an Energy Elixir in the mornings. Kick start your day with a delicious:

Energy Elixir and Sprouted Quinoa

Blend 2-3 cups water and a handful of linseeds.
Add 6- 8 almonds/cashews/brazil. (Almonds need to be soaked for at least two hours or overnight)
Add 2 dates and continue to blend
Add ½ mango,
1 orange
1 apple
1 banana and continue to blend until smooth. (Or other fruit of your choice)
Next add some greens... My favourite is a few leaves of spinach but some lettuce, broccoli or any other greens will be great.
Mix with a tablespoon or two of quinoa. Enjoy the delicious taste and the benefits of a healthy body and great skin!