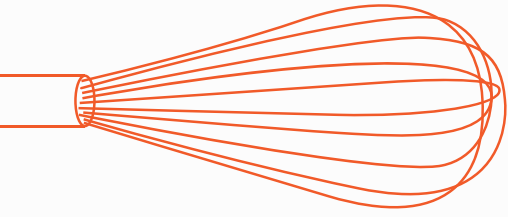


# SUPERFOODS SUPERLIST!

BY EASYMOMMYLIFE



## FLAXSEEDS

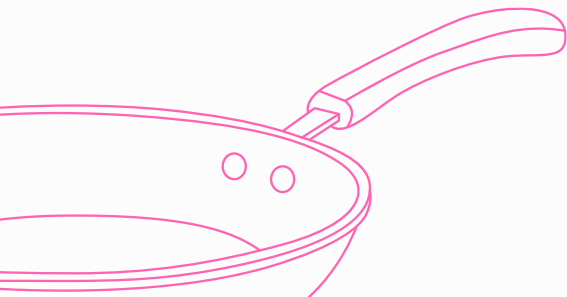
Oats Porridge, Overnight Oats, Bread, Salads, Cakes and Pancakes.

## COCONUT

Coconut Milk/Cream – Thai and Indian curries, Nice-cream, Vegan Cheesecakes.

Fresh grated coconut – Vegetarian Sides, Smoothies.

Desiccated coconut – Use as a topping on Smoothies, Smoothie Bowls, Porridge, Energy Bars.

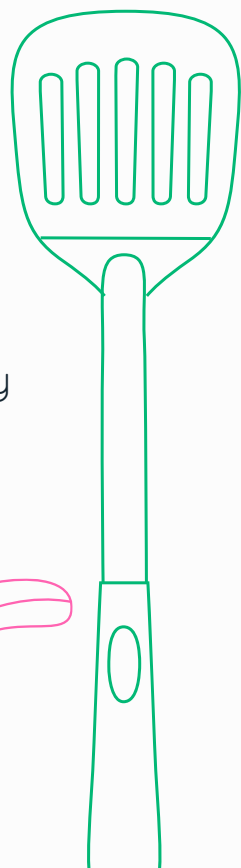


## CHIA SEEDS

Oats Porridge, Overnight Oats, Chia Pudding, Smoothies and Berry Chia Jam.

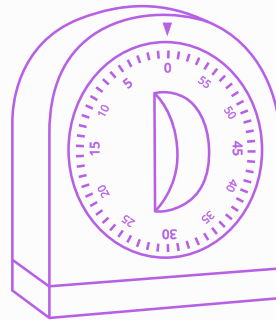
## QUINOA

Quinoa salad, Quinoa Pilaf, Burrito and Wraps.



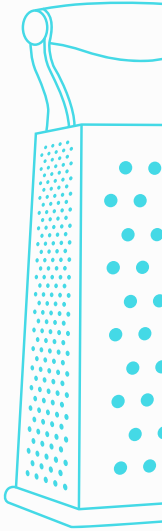
## MILLETS

Porridge, Wraps, Pilaf, Pancake and Dosa (Indian pancake).



## AVOCADO

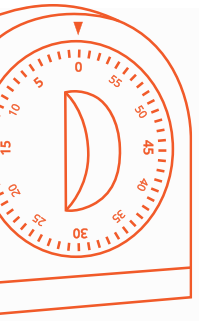
Avocado Salad, Avocado Smoothie, Avocado Salsa, Deconstructed Burrito Bowl or just plain Avocado



## MUSHROOMS

Sautéed mushrooms as a side, Mushroom And Quinoa Salad Bowls, Mushroom Veggie Dish, Mushroom Rice, Mushroom Soup, Mushrooms in Coconut Curries and Wraps.



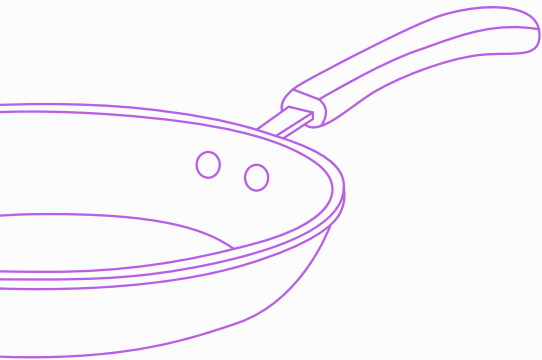


# SUPERFOODS SUPERLIST!

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## BEETS

Sides, Salads, Soups, Pilaf, Beetroot Quinoa Bowls and Beetroot Pasta



## BERRIES

Porridge, Milkshakes, Berry Chia Pudding, Berry Chia Jam, Berry Nicecream.

## WALNUTS

Use as a powder topping on Porridge, Smoothie Bowls, Smoothies and Salads, Energy bars, and Energy Balls

## HEMPSEEDS

Oats Porridge, Overnight Oats, Salads, Lettuce Cups (on a lettuce leaf, add avocado mash and sprinkle on some hemp seeds)

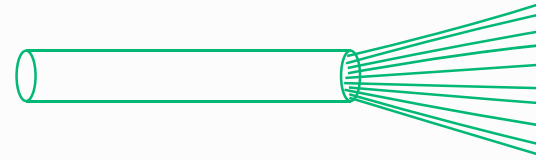
## BEANS AND LENTILS

Dals, Soups, Mujadara Rice, Fajitas, Burritos, Wraps, as a Vegetarian Side, and Hummus



## LEAFY VEGETABLES

As a vegetarian side, Smoothies, Green Juice, Salads, Pancakes and Savoury Muffins



## SWEET POTATO

Roast, bake and boil and enjoy simply as a snack flavored with a few herbs, in Salads, Wraps, Quinoa bowls

## OATS

Oatmeal Energy bars, Oat Balls, Overnight Oats

## CRUCIFEROUS VEGETABLES

As a vegetarian side, Soups, Cauliflower Rice, Wraps, Pasta Dishes and Salads.