

Super Foods

Super foods??? What are they?? You ask... is that what superman eats??

Well actually if we were to start eating this group of foods, I can comfortably say that you would be significantly increasing your energy levels and reducing risk of various ailments that inflict us due to our immune systems being run down.

Once you discover and incorporate this particular food group into your meals, you will notice differences that you didn't even expect. For instance they are all low calorie, high nutrient edibles therefore consuming them on a daily basis will definitely enable you to lose weight. That of course goes hand in hand with eliminating the high calorie foods from your diet.

So what are exactly super foods?

In a nutshell...these are foods that boost your immunity, improve your metabolic rate significantly, give you the nutrients you need to keep your body functioning at its max, and generally keep you feeling chirpy and equip you to deal better with what life throws at you!

Each week we will talk about a specific superfood that you can incorporate into your daily schedules and over a period of 2-3 weeks you will start feeling and reaping the benefits.

These foods can be used in conjunction with Supplements. "But"... I hear you protest ... "can we not just pop the supplements since I don't have the time to go shopping and plan for a healthy meal."

Supplements are great and we all need them in this busy day and age however they do not contain ALL the nutrients that you and I require on a daily basis. Plus the nutrients that fresh foods provide are far superior to the nutrients from supplements. However supplements have their own place in SUPPLEMENTING the food we eat not as REPLACEMENTS

The very first superfood that we will talk about is the humble banana. Yes the humble banana.

Bananas have had bad press ever since I was a kid. It's an absolute myth that bananas are fattening. Bananas are somewhat higher in energy than other fruits but the calories come mainly from carbohydrate; excellent for refuelling before, during or after exercise.



Bananas are also jam-packed with potassium that helps lower blood pressure, and vitamin B6 for healthy skin and hair.

Ideally you should eat one or two bananas a day to maximise the benefit. The good news is that you don't need to cook bananas and you can have them as a ready made snack on the go!! There is nothing better than a banana snack mid morning or mid afternoon to raise that sugar level and your concentration.

Different ways to eat bananas

If you cannot stomach the thought of bananas on their own then you can slice them up to eat with your cereal or porridge every morning to kick start your metabolism.

Alternatively you could have them sliced with your pancake or waffle smeared with Nutella for a Friday brunch. This is a great energy booster for the kids too.

The best way to ingest bananas is to blenderise them into exotic smoothies.

Smoothie recipe (Serves 4)

4 medium size bananas, 10 strawberries, 4 bottles of Actimel, pinch of cinnamon (optional). Place all of the above ingredients into a blender and liquidise at high speed.

Place a scoop of your favourite ice cream each into 4 tall glasses and pour the blenderised mixture on the ice cream scoops. Serve cold with a sprig of mint.

This is an extremely popular energy and mood enhancing drink with kids and adults and a great way to introduce bananas into your daily diets.



Chocolate and Banana Muffins

Makes 15 muffins

- 2/3 cup granulated sugar
- 1/2 cup (1 stick) unsalted butter, softened
- 2 large eggs
- 2 1/2 cups plus 2 tablespoons regular flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1 cup mashed ripe banana (about 2 1/2 bananas)
- 1/3 cup strong coffee, cold
- 1 teaspoon pure vanilla essence
- 1 cup semisweet chocolate chunks or large chips
- Caster sugar for dusting

Preheat the oven to 350 degrees F. Grease the bottom of a muffin pan, line it with wax paper, and grease and flour the bottom and sides.

Beat the sugar and butter in a large bowl with an electric mixer until very light and fluffy. Add the eggs, one at a time, beating until light. Stir together the flour, baking powder, salt, cinnamon, and allspice. Combine the banana, coffee, and vanilla. With the mixer on the lowest setting, add the dry ingredients alternately with the banana mixture in three parts until just incorporated. Using a rubber spatula, fold in the chocolate.

1. Spoon the batter into the prepared pan and bake 55 minutes to 1 hour (25 to 30 minutes for muffins), or until a wooden skewer inserted in the centre comes out clean. Cool in the pan 10 minutes, then turn out onto a rack. Remove the wax paper turn it right side up and cool completely. Before slicing, sprinkle the top of the loaf with caster sugar.



Sit back and enjoy with the family!!

Ahlaam Ali at **PowwerEat™** (Fitness Quotient – FZLC)
0508407679 , **email@powereat.com**