



# Super seeds

with super health benefits

**T**here's something entirely magical about eating seeds, knowing these tiny critters are capable of giving birth to huge trees and lush forests. Is it surprising then, that seeds are veritable powerhouses of nutrition?

## Almonds

How many people know that the delicious almond is in fact a seed, not a nut? Who cares? It's crunchy, it's delicious and rich in vitamin E, omega-3 and omega-6 fatty acids, magnesium, calcium and zinc. Almond's vitamin E, monounsaturated

fat and flavonoids lower LDL cholesterol and combat oxidation for healthy arteries. The almond's riboflavin and l-carnitine content boost brain power. Munch on almonds to stabilise blood sugar, silencing after meal cravings. Raw or roasted, almonds display potential prebiotic effects, regulating intestinal bacteria and improving metabolic processes. Almonds can be blended to create a protein, fibre rich milk, ground to a spread (we love Organic Road 100% pure Almond Spread), sprinkled on savoury dishes or tossed in salads. Almonds are amongst the lowest calorie nuts.

## Chia

With three times more iron than spinach, six times more calcium than milk, seven times more vitamin C than oranges and 10 times more fibre than rice, Chia earns its place in the superfood hall of fame. Its high fibre and protein helps keep you trim and toned, curbing appetite and building muscle mass. Strong teeth, bones and nails are enhanced by chia's high

calcium, magnesium and phosphorus. It absorbs up to twelve times its weight in water, so is a great thickener in puddings, sauces, smoothies and as an egg substitute. It expands creating a full feeling and is a gentle laxative. Sprinkle on cereal, soak in juice or milk, add to desserts, baked goods, grains or to flours for a wholesome crunch. Chia seeds kept Aztec warriors going in battle, what will they do for you?

## Flax

With a nutty flavour, flax contains cancer-thwarting compounds called lignans, antioxidants and phytoestrogens that ease menopausal flushes, regulate the menstrual cycle, help keep the cardiovascular system healthy, and support the immune system. Flax is the richest source of ALA omega-3 fatty acids, which reduce inflammation, promote heart health and support brain function. Ground flaxseeds can be made into a tea or soaked in water as a bulking agent to combat constipation. Flaxseeds oxidise easily once milled







but are more digestible this way. Use as a binder or egg substitute in baked goods, sprinkle on cereal or yoghurt and add to smoothies.

### Sesame

Sesame is one of the oldest cultivated plants in the world with one of the highest oil contents of any seed, and its phytoestrogen activity delivers formidable cholesterol-lowering effects. What's more, it has a delightful nutty flavour. High in calcium, magnesium and copper, sesame's other medicinal properties have been linked to lowering blood pressure and treating oral disease. The seeds also contain phytate, an antioxidant compound that combats the effects of free radicals connected to many forms of cancer. Phytochemicals benefit the metabolism and sesame's fibre cleanses the colon while the oil moistens motions. Sprinkle on salads or grind to

form a paste (tahini) to be added to dips, dressings or smoothies. Tahini made from unhulled sesame seeds is more nutrient-rich than that made from hulled seeds, but it is also more bitter.

### Pepitas (pumpkin seeds)

Protein-packed pepitas contain mood improving tryptophan, an amino acid that converts to serotonin, and melatonin to calm the mind and induce sleep. Pepitas are rich in protein, fibre, omega-3 essential fatty acids, magnesium, zinc and potassium, and have been used to combat menopausal symptoms, support prostate health, and bolster immunity. The seeds can be eaten raw, roasted or boiled, but keep the roasting to under 20 minutes. Spice them up as a healthy, low fat alternative to chips, add to granola bars and trail mix recipes, bake them in your bread, use to garnish soup or sprinkle on a salad.

### Quinoa

Quinoa (pronounced keen-wa) has been cultivated in South America for over 5,000 years. With high protein, fibre, lysine, iron, manganese and phosphorus, quinoa has a low glycaemic index and no gluten. Its protein builds muscles and immunity. Fibre clears the colon and lysine fights viruses. This flavonoid rich food also has antioxidant, anti-inflammatory and anti-depressant activities according to research. Rinse well with water to remove the bitter flavour of its natural insect repelling saponins, then add one cup to two cups water in a pot, boil for 20 minutes and you have fluffy quinoa! 

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# kiwi vinegar

- Highly nutritious vinegar
- Contains beneficial bacteria, active enzymes and "the mother"
- Contains 5% acetic acid
- With added Cinnamon or Ginger

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