



## WHAT ARE THE BENEFITS OF SUPERFOOD BALLS?

They are full of nutrients, high in protein, with healthy fats, and fibre. This helps to support lean muscle mass, it provides you with a sufficient energy boost, and aids with weight control and sugar cravings. Superfood balls are free from additives or sweeteners and are completely raw, meaning that the nutrients and enzymes in the ingredients remain intact, providing your body with a more natural and long lasting source of energy.

## WHEN SHOULD I EAT THEM?

- Breakfast time, breakfast literally means to 'break your fast' superfood balls are the perfect way to do this, putting your body in fat burning mode by boosting your metabolism with healthy fats for the day ahead.
  - They release energy slowly, so they are ideal to eat pre-workout to help sustain yourself throughout your session.
  - This also makes them a guilt-free energy hit for in between meal times, leaving you feeling full for longer and therefore less likely to seek out unhealthy energy drinks or sweets.
  - - Snacking can be dangerous sometimes, so make sure you have a healthy snack near you like the superfood balls – they can help you conquer the hunger guilt-free!
- 3 PM:** When you are tired and stressed it's easy to go climbing the walls in search of a sugar hit! Keep these babies on hand and you'll satisfy any craving with a nourishing snack!
- Equally, after a workout or a days work your muscles are highly absorbent, making superfood balls a great option to replenish your post-workout body.



Being prepared with healthy snacks is an important tool in sticking to any healthy lifestyle. While nuts and fruit are great options on their own, these little bites combine the two for a balanced choice between meals.

All of the ingredients in these superfood balls store well.

(Refrigerated on arrival they will easily last two weeks)

Yours have been handmade in my kitchen on \_\_\_\_\_



## THE NUTTY BENEFITS OF PROTEIN BALLS

### ALMONDS

Almonds (and particularly their skin) are **rich with antioxidants like flavonoids** and catechins. **Antioxidants are crucial for protection against free radicals** in our body, slowing the aging process, protecting us against chronic diseases, and reducing inflammation. The almonds in our protein balls are full of vitamin E, with one serving (about 20 almonds) containing over a third of the daily recommendation. Vitamin E is another powerful antioxidant that helps fight inflammation and the oxidation of Low-density Lipoprotein (LDL) aka bad cholesterol.

Adding fiber to your diet in the form of more nuts and seeds is extremely beneficial. Almonds are high in fiber, making them a great addition to your healthy lifestyle and making sure digestion stays optimal. I choose skin-on, raw almonds, since roasting can damage the delicate antioxidant content.

### CASHEWS

A large portion of the unsaturated fatty acid content found in cashews is from heart-healthy monounsaturated fats. Cashews are rich in minerals like iron, copper, and zinc. Getting adequate amounts of iron is important for our immune systems and the production of red blood cells that carry oxygen through the body.

Zinc plays an important role in immune function and helps regulate our hormone levels, making it important for increasing strength and improving performance during exercise. Just one ounce gets us 20 percent of our recommended zinc.

Minerals and vitamins never work in isolation, and the copper in cashews is important for the absorption of iron into our system. It is also important for producing energy and beauty-boosting collagen, giving us healthy skin and joints. An ounce of cashews gives you 70 percent of the recommended daily amount of copper.

## THE FRUITY BENEFITS OF PROTEIN BALLS

### DRIED CHERRIES

Dried cherries are a great source of vitamin C. Similar to copper (which is also abundant in cherries) vitamin C helps with the production of collagen. The cherries in my superfood balls are rich in vitamin A<sub>2</sub>, a fat-soluble vitamin and beauty-boosting antioxidant. The fat content found in almonds and cashews work synergistically to help the body absorb fat-soluble vitamins such as this, improving immunity, fighting inflammation, boosting the health of your skin, and supporting new cell growth.

### DRIED DATES

Dried dates have anti-oxidative properties that stimulate metabolism which further helps with weight loss. Along with this, they are full of soluble and insoluble fibers, which help increase the secretion of digestive juices and enhance the absorption of calcium and vitamin C. They are an excellent source of calcium, which is an important element for keeping bones and teeth strong. A handful of dry dates will be a good choice to prevent calcium deficiency leading to osteoporosis and arthritis and other dental problems.



## CHIA SEEDS FOR STRENGTH

The word “chia” means “**strength**” in **ancient Mayan**, and these tiny seeds have long been valued for their ability to provide sustained energy. Just one ounce provides 11 grams of fiber and four grams of complete plant-based protein. They are loaded with antioxidants, magnesium, phosphorus, calcium, and manganese. Chia seeds help keep us full, making them the perfect addition to any snack which comes in handy if we get hangry during a busy day!. In addition to their high fiber content, chia seeds can absorb 10 times their weight in water, helping them to expand in our stomach as we digest our food.

## OTHER BENEFICIAL INGREDIENTS

I use a range of superfood powders/ingredients, of extremely high quality.

Some of these are:

**Matcha Powder** - Matcha is high in a catechin called EGCG (epigallocatechin gallate), which is believed to have cancer-fighting effects on the body. Studies have linked green tea to a variety of health benefits, like helping to prevent heart disease, type 2 diabetes and cancer, and even encouraging weight loss

**Collagen** - When talking about collagen, most people would equate it with skin care, but younger looking skin is only where the benefits of collagen begin. Collagen can also play an important role in building and maintaining healthy connective tissue throughout your digestive tract. Collagen is beneficial to overall gut health because it contains large amounts of the amino acids glycine, glutamine and proline which can be beneficial to the intestinal tract as well as the stomach.

**Raw Cacao** - Cacao packs in more calcium than cow's milk. It's densely packed with iron, magnesium and antioxidants. Consuming cacao can help with issues such as depression, stress, blood pressure and heart health.

**Hemp** - Hemp Seeds Are Incredibly Nutritious, they may reduce your risk of heart disease and benefit skin disorders. Hemp seeds are a great Source of plant-based protein and also may reduce symptoms of PMS and menopause.

**Pea Protein** - Pea protein powder is a high-quality, easily digested protein source made from yellow peas. It's rich in iron, arginine and branched-chain amino acids and offers benefits like improved muscle growth, feelings of fullness and heart health.

**Whey Protein** - It can help you lose weight - Whey protein may be better at stopping hunger pangs than other protein supplements. In one Dutch study, those given whey-protein enriched breakfasts felt fuller for much longer than those given soy or casein proteins. Canadian studies have found whey protein can boost the immune system, while US research has shown it can boost a certain type of white blood cell that protects the body from viruses and bacteria. Strength! Evidence from Australia reveals whey protein can improve insulin sensitivity, helping to protect blood vessels from the damage associated with insulin resistance, in turn reducing the risk of heart disease.

**Maca** - A caffeine-free, plant-based superfood, it's hard not to love Maca. Not only can Maca contribute to overall well-being, it can balance hormone levels, boost energy, and support a healthy libido. This versatile adaptogenic herb helps the body adapt and deal with different stressors so you can live a well-balanced life and it's safe and easy to add into your everyday routine.

**Spirulina** - Spirulina is known as a nutrient-dense food as it is packed full of vitamins, including vitamins A, C, E and B vitamins, as well as a whole host of minerals such as calcium, magnesium, zinc and selenium. In particular, vitamin C and selenium are both antioxidants and help protect our cells and tissues from damage. This algae is also an excellent vegan source of iron, providing 2mg per tablespoon (7g) which is about 23% of the Nutrient Reference Value (NRV) for men over 18 years and women over 50 years, and 13% of the NRV for women aged 19-49 years old. Spirulina is also high in protein, with just 1 tbsp (7g) providing almost 4g of protein per serving.

**Bee Pollen** - Bee pollen is a mixture of flower pollen, nectar, enzymes, honey, wax and bee secretions. Bee pollen shouldn't be confused with other bee products such as honey, royal jelly or honeycomb. These products may not contain pollen or may contain other



substances. Recently, bee pollen has gained traction in the health community because it's loaded with nutrients, amino acids, vitamins, lipids and over 250 active substances, In fact, the Federal Ministry of Health in Germany recognizes bee pollen as a medicine. There are astonishingly 11 health benefits of bee pollen, backed by science.

**Fresh Turmeric** - Turmeric is every Indian household's go-to fix for a variety of health problems. Ayurveda's favourite, Turmeric has earned itself a name for a long list of antioxidant, anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic and anti-inflammatory properties. While most of us are well aware of its powdered form and use it extensively in daily cooking, not many know that the root itself, in its most crude form, is packed with several benefits too. Here are just a few – Boosts digestion, great for your skin, anti – inflammatory, balances blood sugar, purifies blood, curbs sugar cravings.

**Organic Coffee** - With coffee being one of the most chemically sprayed crops in the world, the health benefits of organic coffee far outweigh the non organic. **Organic coffee** is high in antioxidants, vitamins, and minerals, such as riboflavin, pantothenic acid, and niacin, as well as other nutrients like potassium, manganese, and magnesium. **Coffee** boosts the immune system and helps the body guard against disease. It also revs up the metabolism and aids fat burning.

**KGEN Collagen** - I use this brand of collagen supplement because it uses every available source of collagen and packs a very nutritious punch! It is made of the highest quality marine and bovine hydrolyzed collagen, MCT fats and vitamins/minerals. All of the macronutrients are calculated to the perfect ratios and enhances ketosis due to the synergy of the natural ingredients, whilst tasting amazing! Just some of the benefits are - Normal collagen formulation, protein and carb metabolism, Energy – yielding metabolism, improved gut lining, healthy skin and nails.

I hope this information is useful and informative and will aid you on your road to a healthy lifestyle.  
Your custom is really appreciated and I hope you will order from The Kitchen Detox Shop again

All the very best 😊