Spinach Reimagined

Benefits

- **Promotes eye health**: Rich in carotenoids, which help prevent age macular degeneration.
- **Boosts Bones**: High in Vitamin K, which is essential for proper blood clotting and may play a role in preserving bone health. It is also a great plant based source of calcium.
- **Can help prevent cancer**, due to high concentrations of antioxidants
- **High in folate**: This is essential for normal cellular function and tissue growth as well as prevention of birth defects.

Three Different Ways to Use it

- Dress up your **smoothies** with a bunch of sneaky spinach.
  Recipe: https://www.alaskafromscratch.com/2013/05/29/blueberry-spinach-smoothie/
- Let’s swap those potato **chips** with spinach ones.
  Recipe: https://acleanbake.com/sea-salt-lime-spinach-chips/
- Sneak it into your **scrambled eggs**, omelettes, frittata and quiches.

100% of Vitamin A you need everyday is in 1/2 cup of cooked Spinach

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First Stop

Asia

The Sensational Spinach

Native to Central and Western Asia