

*First
Stop*

Asia

*The
Sensational
Spinach*

Native to Central
and Western Asia

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