



9 EASY ENERGY BOOSTERS

1. **GREEN FOOD** concentrate is nourishing and also easy to prepare. Mix it with unsweetened fruit juice or pure water until dissolved. It is preferable to take greens on an empty stomach or 15 – 20 minutes before a meal. Start with 1 teaspoon in the morning. A great drink whether it is at work, school or on the road.

2. **SMOOTHIES** – mix the ingredients in a blender and you're ready to go. You can include your favourite fruit (I like raspberries,

blueberries, and goji berries), soaked nuts, hemp protein, and maca powder. After drinking the smoothie you will feel energized, alert, happy, stress-less and have no cravings for junk.

3. **MUNCH OF VEGGIES** - fresh celery sticks, fennel, baby carrots, red radishes, and red peppers can be dipped in sunflower pate, sundried tomato dip, or hummus – all of which can be prepared in advance. Look for

the recipe below.

4. **TRAIL MIX** - mix your own seeds and nuts such as almonds, sunflower seeds, pumpkin seeds, and brazil nuts. For better digestion soak seeds and nuts over night. You can also add some dry un-sulphured apricots, dates, figs, raisins, and goji berries, all of which can also be soaked. This is a calorie-dense snack, so limit it to two to three times a week. Raw energy bars are also delicious alterna-

ENERGY BOOST

Food for Life

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Do you have difficulty waking up in the morning or a problem with feeling sluggish? It could be your diet! We all need energy to function properly. We need energy for the growth, repair and function of our organs. One way to increase our energy is to eat properly. We live in a fast-paced society where everything needs to be done quickly; we sometimes don't have time to sit down and enjoy our food.

When our busy schedule and level of stress forces us to skip meals, we can get a tempting craving for sweets such as donuts, chocolate, coffee, potato chips, and french fries. These refined carbs will elevate insulin, which causes fatigue. Refined carbs stress our body and steal energy from us.

Our body needs natural food, rich in nutrients and enzymes and grown without pesticides, herbicides, fungicides etc. This super-bio-energetic food will nourish the body and rejuvenate the cells. These life-force foods include fruits, vegetables, and raw or sprouted seeds and nuts. Think about live, organic food taken from the garden and solar-powered with the sun's energy. When we eat this food, this energy is transferred into our body. It makes us stronger, and gives us abundant energy and stamina.

It is good to have five balanced meals a day - 3 meals and 2 snacks. The trick is to be conscious of the food we are eating. Make a point to plan ahead to have healthy snacks on hand all the time.

tives if you don't have time to prepare a snack.

5. **ROLL-IT-UP** – fill kamut pitas or raw Nori sheets with hummus or a home-made raw spread; add some fresh veggies and you are done.

6. **AIR-POPPED** popcorn, preferably organic, is another good snack to-go. I recommend organic corn kernels that you can pop on the stove or in the oven. Add some coconut

oil or butter, and some of your favourite herbs and spices.

7. **FRUIT** – a good snack especially when eaten on an empty stomach. After eating fruit, allow half an hour before other food. Try to have fruit every day. Mix apples, papayas, pineapples, bananas and pears. Papaya and pineapple can be prepared in bite size pieces ahead of time and stored in a plastic container.



Snacks can be an important part of our hectic lifestyle. They need to be nourishing, easy to prepare, satisfying, and delicious. These are just a few suggestions that you can use to plan ahead on your journey to conscious eating.

Here is the recipe for a delicious nutritious dip. It can be used as a spread on bread, crackers, pita or as a dip for vegetables.

SUN DRIED TOMATO DIP

INGREDIENTS:

- 1 cup dried tomatoes, soaked
- $\frac{3}{4}$ scallions, chopped
- 1 cup parsley
- 1 cup sunflower seeds
- 4 garlic cloves
- 2 tbsp. extra virgin olive oil to desired consistency
- Pinch of sage, oregano, and marjoram
- 1 cup basil, fresh

PREPARATION:

1. Soak sun-dried tomatoes for 3 hours.
2. In a food processor mix sunflower seeds and sun dried tomatoes.
3. Add scallions, parsley, garlic, olive oil and herbs.

8. **WATER - REVERSE OSMOSIS** – sip throughout the day; at least two litres is recommended. Fill a 2 litre container in the morning so that you can monitor your intake. If you drink coffee, you will need even more water, as coffee dehydrates the body.

9. **GREEN TEA** – a great alternative to coffee. A potent antioxidant, it is thermogenic, helps regulate blood sugar, is an anti-inflammatory, and an energy booster.