

Food of the Month

June: WAKAME

Wakame is an edible brown seaweed is high in iodine balancing out our thyroid which controls our hormones.

- ◆ 70 g Magnesium - assists in energy production and muscle relaxation.
- ◆ 86 mg Calcium - builds strong bones and protects against osteoporosis.
- ◆ Vitamins : A, C, E and K assist in skin repair and health.
- ◆ Vitamin D : Promotes absorption of calcium.
- ◆ Vitamin B.2 (Riboflavin) Uses Carbohydrates, Fats, and Proteins converts to energy.
- ◆ Folate: Important for pregnant women, helps the body to make new cells.
- ◆ Wakame is dairy free, gluten free, vegan and vegetarian.
- ◆ Prevents Heart disease, cancer, diabetes, obesity, and blood clotting.
- ◆ Has beneficial effects on prevention of stroke, tumors, hypertension, viral infections, inflammation, while promoting a good immune system..

Nutritional Information: per 100g Wakame

Calories	15 calories
Protein	1.1g
Carbohydrate	5.5g
Fat Total	0.3g



RECIPE:

WAKAME SALAD

- 6 x Sticks wakame
- 1 x TBSP Grated ginger
- 2 x TBSP Soy sauce/Tamari
- 2 x TBSP Rice wine vinegar

Directions

- Simmer in pot for 5 minutes or until soft, drain excess water out wakame .
- Chop roughly into 2 cm pieces.
- Combine ginger, soy sauce, vinegar and sesame oil and pour over wakame.
- Finish with a sprinkling of toasted sesame seeds.
- Salad will last at least one week in the fridge.
- Eaten as a side dish or with ramen noodles.