

THE WELLNESS SPREAD

Mindful Eating • Food Styling • Kitchen Hacks • New Products





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PICTURED: Founder Darlene Powell with granddaughter Adira



LETTER FROM THE FOUNDERS

MARK & DARLENE POWELL

Spring, summer, the butterflies, the bees. The fruits, the flowers and the wind that blows the seas.

The wonderful rhythm of nature has brought us out of the slower months. With the warmer weather comes a new motivation to be more active and a desire to be outdoors soaking up the sunshine in our increased hours of daylight. Spring & summer also signals for us a fresh start, an opportunity to feel the warm sun on our faces, and to recommit to becoming healthier and stronger, body, mind and spirit.

When it comes to physical activity, for our family we do what we enjoy - making our daily exercise fun and keeping our bodies plus our minds happy. For us that looks like surfing, beach swimming, bike riding, yoga, meditation and long walks. Personally, we are already enjoying switching up our diet to favour fruits, salads and cooler dishes. Like most foodies, our family make a huge effort to eat seasonally - so the beginning of a change in season is always an exciting time for us. It's so easy to start the day with one of our Superfood smoothies. Whether it's a green smoothie with our Super Greens + Reds, a berry smoothie bowl with our Acai Berry Blend as a base, or a decadent smoothie - our favourite go-to recipe is featured on page 24. In our last edition of The Wellness Spread, we mentioned we're

expecting a new grandchild. Well we're pleased to share that little baby Jack arrived safe and well in early June. The whole family is besotted by his presence. His cousin Adira is overjoyed to have him here as well (pictured left and on page 10).

We're also happy to report that our transition to 100% plastic free sustainable canisters is now complete. We worked tirelessly to bring this packaging change to life - and we cannot thank you enough for your patience with our progressive release. Our new canisters are fully recyclable, are less carbon intensive than steel cans & glass, and the paper used is made from 100% recyclable fiber. When diverted to the recycling stream, the canisters have a recovery rate of 88%. We also use a water based adhesive, which makes our canisters far more recyclable than those that use an oil based adhesive. This is because canisters with oil based adhesive cannot be passed through the smelter and be burned down to a recyclable form - meaning it often ends up as landfill. We are proud to be leading the way in sustainable packaging within our industry, and we hope you love our new canisters as much as we do. 🌱

Love Mark & Darlene

PROJECT GIVE BACK

BRIDGING *THE GAP* FOUNDATION



Earlier this year we announced our partnership with Bridging The Gap Foundation. We had a few initiatives in the running for our 2021 Project Give Back donation, but we couldn't go past the great work Bridging The Gap Foundation has been doing to address one of Australia's most urgent issues; the gap in health and education opportunities between Indigenous and non-Indigenous Australians.

We recognise that a lot more can be done to support Indigenous Australians, which is why we chose to present Bridging the Gap Foundation with a grant of \$30,000. This grant will go towards supporting visits to rural communities by HealthLAB, an educational and interactive mobile pop-up initiative by Menzies School of Health Research. Participants are empowered to make lifestyle choices including healthy diets to improve their health long term. 🌱

VISIT [BTGFOUNDATION.COM.AU](https://btgfoundation.com.au) FOR MORE INFORMATION

CLEAN RECOVERY



MORE GAIN, LESS PAIN

Recover faster, reduce post workout fatigue and promote fat metabolism the clean way with this delicious fruity blend.

Clean Recovery is the ultimate no-nasties post workout to support recovery. Our plant-based sources of BCAAs, electrolytes, calcium, magnesium, potassium, B vitamins and nitrates support muscle function, protein synthesis, fat metabolism, energy production, and hydration to support your overall physical and mental performance after every workout.

For maximum bioavailability, there are no synthetic vitamins and minerals and no artificial sweeteners or flavours.



MUSCLE
RECOVERY



INCREASE
HYDRATION



VEGAN &
GLUTEN FREE



LOW
SUGAR



REDUCE TIREDNESS
& FATIGUE



VEGAN
BCAAs



PROMOTE FAT
METABOLISM



Stepping up your fitness regime? Believe it or not, good nutrition is a great place to start. Whatever your fitness goals are, exercise boosts your metabolism. So everything your body needed before, you will now need more of. Simply put, if you want to get more energy out of your body, you'll need to put more in first.

Not fuelling your workouts right, or not giving your body the nutrients it needs between workouts can have some pretty major consequences on your body and wellbeing, not to mention being counterproductive as far as your goals are concerned. Consequences of inadequate nutrition during training can include: reduced performance, muscle cramping, slower recovery between sessions, depletion of essential nutrients that are stored in your body (for example, the depletion of bone minerals), unsatisfactory results from your efforts and even reduced immune function as essential nutrients are used up during exercise, preventing the immune system from working optimally.

So what do you need to do to ensure you are supporting your body for exercise? The main considerations are energy, hydration, electrolyte balance, pH balance, and protein. Sure, it may sound daunting, but it really isn't as hard as it sounds.

Energy is the most obvious one, so let's start there. In extreme cases, like marathons or Iron Mans, energy balance becomes a very precise science, but for most of us, just being mindful of including a little bit more food each day is enough. The energy you use for your workout mostly comes from your blood glucose and glycogen stores, which can be depleted quite quickly. After your workout, it's great to have a small meal or snack that includes a good balance of simple carbohydrates (to quickly replenish lost energy stores) and complex carbohydrates (for a slower, more sustained energy release). Even if fat loss is part of your fitness goal, constantly running on empty will mean that you won't get much out of your workouts and you will become tired and lethargic in between sessions. This will ultimately reduce the amount of "incidental" energy you use throughout the day, reducing the quality of your workouts as well as your metabolism.

Next up, hydration! This is always important for the human body to function properly but is particularly important when it comes to exercise, as exercise increases water loss and increases heat in the body (thermogenesis). The human body needs to maintain a really stable internal temperature and adequate hydration is essential for temperature regulation. If we become dehydrated we become more prone to heat stress. Dehydration can also cause confusion, muscle cramping, dizzy spells, reduced blood volume, impaired cell signalling and constipation - so make sure you drink that water! A good rule of thumb is to drink a couple of glasses of water half an hour before a workout, sip on water throughout and then have another decent drink once you finish to ensure your fluid levels stay up!

Electrolyte balance is another really important consideration to go alongside hydration, given they are key players in fluid balance as well as muscle contraction and nerve impulses. When talking about electrolytes, the main minerals we are referring to are sodium, magnesium, calcium and potassium. Electrolytes are lost during exercise and need to be replenished. A diet containing a variety of fruit and vegetables will already provide a great source of minerals, and there are lots of electrolyte focused products available on the market if you feel you need a little bit more. Our Clean Recovery contains all four of the main electrolytes your body needs - so definitely check it out if you are doing high intensity exercise.

Speaking of minerals, another important function of some minerals (such as magnesium, calcium and potassium) is pH balance within the body. Acid residues in cells are a normal part of metabolism, and this acid formation is increased with exercise. Our cells aren't able to tolerate much of a variation in pH, we have a very sensitive inbuilt mechanism to keep the pH stable, and that mechanism utilises minerals. If we haven't provided our bodies with adequate dietary minerals they are taken directly from our bones and muscles. By consuming a diet high in minerals such as potassium, magnesium, and calcium we can provide our bodies with the pH buffers that they need without resorting to the depletion of our bones and muscles. Foods that support alkalinity in the body are generally your fruits and vegetables.

A good intake of dietary protein is very important for supporting exercise, especially if your goals include increasing strength or muscle mass. Working your muscles creates micro injuries and stimulates protein (muscle) synthesis - however new proteins can't be synthesised if we don't have the amino acids available from dietary proteins to build and repair muscle. When we don't have enough protein in our diets, our body recycles its own protein, taking away from our own tissue for use in more essential areas, which means slow muscle recovery from workouts, depletion of our own tissue and no mass gains! The best dietary sources of protein include meat, dairy, nuts, grains and legumes. Pro tip, if you're a meat eater and are looking for a convenient way to boost your protein intake to support your fitness, try our Collagen Build - it works absolute wonders! If you follow a plant based diet, a good quality vegan protein powder like the ones in our Clean Active range will be your best friend to support your protein intake and keep you progressing towards your fitness goals.

Now that may sound like a lot to think about but the take home message here is: if you're drinking plenty of water and eating a healthy varied diet including lots of fruit, vegetables and protein, then you are supporting your fitness goals from every dietary angle. At Nutra Organics we always believe in a healthy wholefood diet first and love providing balanced, holistic and functional wholefood blends that compliment your diet. However, if you need a little extra dietary support, our Clean Active range is here to help you along your fitness journey. Our Clean Greens supports pH balance in the body as well as providing electrolytes and nutrients to support immunity. Clean Energy is your ultimate no-nasties pre-workout providing nutrients to support energy, fat metabolism and contains a natural source of caffeine. Our Clean Proteins provide a delicious hit of high quality complete vegan proteins to up your protein intake and support muscle recovery, as well as prebiotics, probiotics and enzymes to aid your digestion. Plus, there's now our newest addition to the clean range, Clean Recovery, which provides a great source of electrolytes, BCAAs, antioxidants, and B vitamins to enhance recovery from your workouts. 🍷

Wholefood nutrition for SUPPORTING FITNESS

BY NUTRA ORGANICS
NUTRITIONIST LISA BAKER

For more nutritional tips & tricks, you can follow Lisa on Instagram @the.coffee.table.nutritionist

WE CLEANED UP IN THE CLEAN + CONSCIOUS AWARDS



Our family friendly products won five impressive awards at the 2021 Clean + Conscious Awards and we are bursting with excitement! We're extremely proud to be showcased by a platform that celebrates the success of safe and socially responsible products.



We're not one little bit surprised that these heroic products found themselves with two golds, two silvers and an Editors Choice Award.

Here's the winners in their categories:

GOLD: Berry Immune - Immunity

GOLD: Choc Whiz - Supplements

SILVER: Veggie Hero - Supplements

SILVER: Thriving Protein Smooth Vanilla - Vegan

EDITOR'S CHOICE AWARD: Thriving Protein Smooth Vanilla - Vegan



SUPERFOODS FOR SUPER KIDS

Saving Parents From Mealtime Tantrums

These three heroic products have been supercharged with new and improved formulations that get even more goodness into growing bodies. Say goodbye to mealtime dramas with our tantrum proof Superfoods for Kids range.



VEGGIE HERO

contains a robust blend of 15 veggies, fruits and super greens designed for kids' taste buds and parents' peace of mind. Easily hidden in all sorts of cooking, say goodbye to nagging, pleading and bribing for the broccoli to go down. Veggie Hero is here to save the day!

Now containing 18 bioavailable vitamins & minerals from pure, organic wholefoods such as broccoli, spinach, kale, pumpkin, sweet potato, sunflower seeds, kelp, chlorella, maitake mushroom & shiitake mushroom.



CHOC WHIZ

is a yummy brain boosting, gut loving chocolate drink with organic cacao, super berries and choc chunks for smarty pants school fuel and sweet tooth satisfaction. Now with bioavailable calcium, iron, magnesium, omega 3 DHA, prebiotics and 1 billion CFU potent shelf stable probiotics to restore digestive health.



BERRY IMMUNE

is a super protective, super yummy berry blend to bolster immunity and help banish colds. This sweet pink powder is how clever parents sneak vital immune supporting nutrients from 9 super berries into food to keep kids healthy all year round!

We've partnered with The Lullaby Club

TO BRING YOU SOMETHING SERIOUSLY SPECIAL

Come and join us in the Self Love Club with the ultimate gift box containing a collection of self care non negotiables.

COLLAGEN BEAUTY®

Collagen Beauty® contains VERISOL® collagen peptides that are shown to stimulate skin collagen from within and support healthy hair and nails. Studies demonstrate a reduction in skin wrinkles plus increased hydration and elasticity in just 8 weeks.

COLLAGEN BALM

Collagen Balm is a deeply nourishing lip and body salve with micro collagen peptides and nourishing oils that lock in moisture, protect collagen, and promote skin healing for lips, dry patches and stretch marks.

GLOW MIST

With the powers of Vitamin C, hyaluronic acid, and organic botanicals, Glow Mist is a deeply hydrating face spray that keeps skin looking plump and juicy.

OVERNIGHT MASK

Nod off to dreamland with The Lullaby Club's overnight mask. You'll love the luxuriously soft feel of this beautiful, 100% recycled satin and cotton/linen blend gingham print design.





THE VOTES ARE IN

THE PEOPLE HAVE SPOKEN

With over 168,000 votes cast in the Nourished Life Awards, Collagen Beauty® has come out on top as the best ingestible collagen. Going up against major market leaders, Collagen Beauty® advocates stood behind the scientifically backed formulation and its effectiveness in reversing the signs of skin ageing in just eight weeks of use.

Collagen Beauty® delivers targeted results by supporting new collagen production thanks to the Verisol® collagen peptides included in the innovative formulation, which help to reduce wrinkles, smooth fine lines and support healthy hair and nails.



Just Call Us 'Collagen Myth Busters'

BY NUTRA ORGANICS RESEARCH NUTRITIONIST JOANA GRAÇA

It goes without saying that collagen is a hot commodity right now. But deciphering the effectiveness of different collagens on the market can be tricky business. We understand that with loads of information floating around, selecting the right product can be difficult. So we've set out to bust some collagen myths in the hope of clearing up a few untruths and making your experience with collagen a little smoother.

Myth 1 | Vegan collagen

Arguably the most popular myth we've come across recently about collagen is that it can be vegan. To be frank, vegan collagen does not exist. At the present time, there's no way to obtain collagen from a plant source, because by nature, collagen only occurs in animals, mainly in connective tissue such as bones, cartilage, skin, tendons and ligaments - which plants do not have. Collagen is a unique and specialised structural protein that only animals are capable of synthesising. So, plant derived collagen can't exist, because plants don't have the tools to synthesise it. However, one may wonder how there came to be "vegan collagen" or "plant based collagen" on the market? This is because plants have compounds that can provide our body with some of the building blocks to boost collagen production. These include amino acids, that alongside other compounds like vitamin C, copper and zinc, can boost your body to produce its own naturally occurring collagen. So it is possible

to buy vegan or plant based "collagen boosters", but not plant derived collagen.

Myth 2 | All collagen is created equal

This could not be further from the truth. Like anything in life, you have different providers that can create the same product with different levels of quality. Our collagen is sourced from one of the best collagen manufacturers in the world, Gelita. They are the leaders in the collagen industry due to their technology and scientific research. Gelita have been focusing on developing premium collagen peptides that have been hydrolysed to the size that is most effective on the body and their collagen is backed by extensive scientific research. A shortcut to checking the quality of collagen is to be on the lookout for the following on the label:

1. The word "Bioactive" - which means it will stimulate existing cells in the body to produce more collagen
2. The word "Peptides" - which means the collagen has been broken down and can be readily used by our body through digestion and acting directly in the targeted area where they can be effective
3. A "Registered Trademark" symbol - which means that a company has recognised the superiority of the product enough to invest in trademarking it
4. The phrase "Scientific Papers" - if a manufacturer is selling a functional collagen then they should have scientific studies behind them showing the benefits of their product

We use VERISOL® bioactive collagen peptides which are hydrolysed to the exact length that specifically regenerates collagen in skin, hair and nails.



Myth 3 | Marine collagen is more effective than bovine collagen

There are a lot of misconceptions about which source of collagen is more effective: bovine or marine.

Marine collagen is not superior to bovine collagen. In fact, one is not “bigger” or “smaller” than the other in its natural form. The size of the collagen peptide relies only on the hydrolysis process. This is the process where collagen fibres are broken down into small peptide chains. So in terms of functionality and benefits, standard bovine and marine collagen are the same.

However, we use VERISOL® bioactive collagen peptides which are hydrolysed to the exact length that specifically regenerates collagen in skin, hair and nails. VERISOL® has been scientifically proven to provide effective results within the areas it targets in just eight short weeks. This means that VERISOL® collagen will have far more of an impact than any standard marine and bovine collagen.

Furthermore, there is a big difference between bovine and marine collagen when it comes to environmental impact and traceability. The main points of difference are:

1. Bovine hide is a by-product of an industry that is already well established, so it reduces waste, and therefore up-cycles the parts of the animal that would otherwise be disposed of. Whereas fish are specifically farmed to obtain marine collagen.
2. Traceability of bovine sourced collagen is much

clearer than marine collagen (so it's easy to ensure that the collagen comes from healthy, well cared for cows. “Marine” collagen is rarely even “marine” as it mostly comes from fish farms rather than the ocean, and our oceans are majorly overfished already as it is).

3. The amount of collagen that you get from one cow is also massive compared to the amount you get from one fish. Making it much more cost effective and affordable.

Myth 4 | Supplements with plain collagen are as effective as supplements with collagen and Vitamin C

100% not true. This is the big difference between our formula and most products on the market. Vitamin C is absolutely essential for collagen synthesis. Vitamin C is the essential cofactor for the two enzymes required for collagen synthesis. It also provides other benefits to the skin — most significantly photoprotection and antioxidant protection. So by adding vitamin C into our Collagen Beauty® formula, it enhances the benefits and effectiveness of the product as it gives your body not only extra collagen but also the tools it needs to produce more collagen.

Myth 5 | As soon as I start taking collagen my skin will start glowing immediately

We wish! Good things can take time and collagen is no exception. The scientific studies done on the collagen

peptides we use show that the collagen can take up to eight weeks of daily use to give optimum results. Ideally you'd want to allow about two months for your body to start showing visible signs of improvement in the areas you are targeting.

However, with over 2000 reviews on Collagen Beauty®, you can read for yourself that many of our customers have noticed the benefits for their skin, hair and nails within weeks, sometimes even days. But it's always best to consume the recommended amount daily for at least eight weeks.

Myth 6 | Sustainable collagen does not exist

If you source your collagen from a reliable and trustworthy collagen manufacturer, a sustainable approach is absolutely possible. Here at Nutra Organics we are passionate about sustainability, which is another reason why we chose to partner with Gelita. You can read Gelita's latest Sustainability Report on our website, which details everything from their production processes to their commitment to the highest animal welfare standards. Most importantly, our collagen is produced as a by-product of the pre-existing meat industry, and therefore is actually responsible for reducing a huge portion of food waste.

Myth 7 | Collagen is created naturally by the body, so there's no need to supplement

Our skin is made up of over 75% collagen, which begins to degenerate in our mid 20s and is accelerated

by other lifestyle and environmental factors. So taking collagen supplements compensates for this decline of collagen production. If you want to prevent the signs of ageing, collagen supplements can definitely be a good place to start.

Myth 8 | Taking collagen supplements makes your body stop producing its own collagen

Busted! Biomechanically speaking, our bodies were designed to naturally break down and produce new collagen. Our native collagen long chain is broken into small peptides, and these peptides send a signal to the body like an ‘alarm bell’, meaning that fragments of collagen are floating around so the body needs to start rebuilding them. So basically when we consume collagen peptides we get these ‘alarm fragments’ in larger amounts swimming in our body, which our cells detect and quickly start to put these fragments together to build more collagen. In this way collagen peptides stimulate our body's ability to produce collagen. Therefore, taking collagen supplementation will trigger your body to produce more collagen naturally.

There you have it! All the collagen myths you've been wondering about - busted at last. Now I can confidently say that our collagen range is unrivaled, but if I haven't convinced you yet, why not try one of our collagens and see for yourself. At the end of the day, real results speak louder than words. 🗣️

TURN DOWN THE HEAT WITH AFTER SUN MIST

SOOTHE YOUR SUN-DRENCHED SKIN THIS SUMMER

With Cooling Botanicals, Aloe Vera and Collagen Peptides



Long, salty days at the beach can only mean one thing - After Sun Mist, an ultra-hydrating facial spray to help calm redness and cool down hot irritated skin.

Our micro collagen peptides, together with aloe vera, hyaluronic acid, vitamin C and cooling botanicals, are clinically shown to improve skin barrier function, provide antioxidant protection, prevent pigmentation, promote skin healing and help to repair skin collagen from the damaging effects of the sun.

WHAT'S YOUR FLAVOUR?

COLLAGEN BEAUTY® with VERISOL® + Vitamin C

WATERBERRY | LEMON LIME | WILDFLOWER | TROPICAL



Our three award winning Collagen Beauty® flavours need to watch out, because there's a new kid on the block. Say hello to Collagen Beauty® Tropical.

Skip the tropical vacay, a couple of weeks taking this beauty elixir is all anyone needs to feel their brightest and best. Our latest member of the family is bringing us serious summer vibes with fresh notes of juicy mango and sweet pineapple. This naturopathically formulated blend nourishes skin, hair and nails from within, and keeps things glowy from the inside out. With VERISOL® Bioactive Collagen Peptides, vitamin C and zinc, Collagen Beauty® Tropical is filled with premium ingredients to increase skin hydration and improve moisture levels, support skin elasticity and reduce wrinkles and fine lines.



BY NUTRA ORGANICS
NATUROPATH ELIZA MATAS

It's a great time of year for us to be thinking about giving our diet a refresh, especially after those cooler months where we crave warm comfort food.

That said, when doing a full appraisal of our diet, it's important to not go too gungho and ensure that any changes we make are sustainable year round, rather than simply jumping on the yoyo diet bandwagon which we absolutely are not about! That's why we've put together some simple tips for adding more nutrition in, while removing a few of the common culprits that sneak into our everyday diet but would be more suited

CLEANSE YOUR DIET

as every now and again treats. Lastly we've got just a few lifestyle tips that might assist in keeping you on track for the long haul.

Foods to eat more of!

You've heard it once, you've heard it twice, actually probably more than a million times from your mother to "eat your greens" and for good reason. Dark green leafy vegetables such as spinach, kale, swiss chard, bok choy, silverbeet and rocket all contain vital nutrients for energy production, immunity and nervous system function such as B vitamins as well as magnesium and plant-based iron. If that wasn't enough for you, green vegetables also contain beneficial phytonutrients such as chlorophyll, carotenoids and sulphur compounds. All of these compounds, although subtle, have powerful benefits such as antioxidant actions and can even support liver detoxification.

Fibre rich wholefood grains & vegetables

Despite its absolute necessity to our health, sadly fibre is often an overlooked component of our diet with most of us not even realising where we can find it aside from that ubiquitous brown straw-like cereal or "whole grain bread". Fibre is naturally occurring in all whole plant based foods such as whole grains, legumes, vegetables and fruits, and can be present in one or both of its varying forms of soluble and insoluble fibre. It's important we get a good balance of both kinds from a variety of foods to feed our beneficial gut bacteria, keep our bowels in motion and support a slow and steady release of energy from our food.

Adequate water

You know the drill, our bodies are 60% water so we have to stay hydrated in order to stop our organs from turning into sun dried raisins. Not really, but water is essential for every chemical reaction that occurs in our body and also keeps our beloved brains afloat, so it's an absolute must. If you're struggling to get your 2 litres of water daily, a good way to incentivise yourself to drink more is to make it taste more exciting by adding steeped herbal teas, fresh fruit or our Collagen Beauty® flavours.

Plant based proteins

Protein is a highly sought after macro nutrient commonly consumed by gym goers to get those "gains". But aside from its role as the building block for basically all bodily tissues, protein is also essential to the manufacturing and function of our neurotransmitters, the chemical messengers of our brain, so without it, we literally couldn't function. That said, eating excessive amounts of animal based protein has been associated with increased inflammation and less diversity of our gut microflora and weighs pretty heavily on the environment. Thankfully plant based sources of protein such as legumes, nuts and seeds are both kinder to the planet in terms of carbon and easier on our body too.

Healthy fats

Fat is not only delicious, making any meal that much more satisfying, it's also an essential micronutrient that supports our cells' structural integrity. However, not all fats have been created equal. Healthy fats such as polyunsaturated (including omega-3) and monounsaturated fats such as those found in sardines, salmon, olive oil, avocados, nuts & seeds, have heart protective actions, support hormone production and have anti-inflammatory properties.

High antioxidant foods

We all know that berries, chocolate and red wine contain antioxidants, but what do antioxidants actually do? Antioxidants act like cellular protectors and help to stop oxidative stress from damaging our bodies tissues. This is super important when it comes to our cardiovascular health, as we want our blood vessels to be nice and robust to prevent adhesions or damage that could otherwise prevent blood supply to the rest of our body. That said, I would advise against relying on red wine as a source of antioxidants and turning to other sources such as berries, dark leafy greens, beetroot and green tea instead. Our Acai Berry Blend is the perfect product to meet this need, loaded with antioxidants and an ORAC score of 39540 which outstrips even the most potent antioxidant berries by about nine times.

Incorporate culinary herbs and spices into your cooking

I'm here to tell you that if you'd rather eat dirt than coriander, then unfortunately you are missing out. Coriander amongst the other common culinary herbs such as parsley, dill, and basil, contains a multitude of beneficial phytochemical compounds that have antioxidant and anti-inflammatory properties as well as immune supporting beta carotenes and vitamin C. Spices such as turmeric and ginger have powerful antioxidant and anti-inflammatory properties, so much so that herbalists readily utilise extracts of these herbs to support circulation and even brain health, and so sneaking them into everyday cooking wherever possible is a great idea.

Foods to eat less of

Refined sugar. Sugar can be very sneaky and can be found hidden in many foods, from your typical culprits in the treat aisle to lesser known foods such as tomato sauce, muesli, yoghurt, skim milks and even bread! Refined sugar is everywhere and when consumed in excess, can have long term effects on our satiety, gut health and vascular health. So keeping an eye out for refined sugar and only consuming in moderation is the healthiest way to approach it.

Alcohol. Alcohol certainly isn't good for our cognitive function when we're under the influence, but further long term heavy alcohol consumption (3+ drinks daily) has also been associated with increased risk of dementia, accelerated cognitive decline, as well as cardiovascular and metabolic diseases. Therefore, it goes without saying that limiting consumption to less than two drinks per day for men and one drink per day for women is a neutral amount to be consuming.

Caffeine. Caffeine is a naturally occurring nootropic, in that it increases focus and alertness. However overconsumption has been linked to increased risk of anxiety, heart palpitations and high blood pressure, whilst depleting vital minerals such as calcium and magnesium which support energy production long term. Sticking to just one cup of your favourite caffeinated beverage is a good idea or alternatively

swapping out your afternoon cuppa for a matcha latte or clean energy that provides a smaller and steadier caffeine source is a good idea.

Highly processed and fast foods. When we think of food processing, you might think of apples going through a conveyor belt ready to be washed and assembled onto trays ready for the markets virtually unscathed. Unfortunately, the same can't be said for the majority of foods in the grocery store or from your favourite fast food establishment. Think foods like biscuits, bread, pasta, white rice and basically anything in the frozen aisle (aside from frozen fruit and veg). All of these foods undergo multiple processing stages to remove valuable fibres with vitamins and minerals being collateral damage.

Lifestyle Recommendations

Cook more at home. By cooking more at home with real ingredients, you can naturally remove a plethora of added sugars, oils and table salt commonly utilised in fast food restaurants while gaining all the benefits of fibre, vitamins and minerals that whole foods have to offer.

Plan ahead. Planning ahead means no last minute drive through runs or cheeky midweek takeaway orders. It also means less stress for all involved in organising dinner each night and less food wastage which is a super added bonus for our environment.

Count colours, not calories/kilojoules. As already mentioned, food is a source of all the essential nutrients and phytonutrients we need to stay looking and feeling our best. When we reduce it down to kilojoules, we tend to deprive ourselves of these nutrients we literally need to live, but those foods we tend to cut out (like cheese, for example) can also be extremely enjoyable. This aside, the human body is complex and not everyone will absorb or burn off kilojoules at the same rate. With this in mind, I would definitely recommend only looking at these numbers as a guide rather than a rule. Eating a diet that includes lots of vibrantly coloured fruits and vegetables is the best way to ensure you're getting the most you possibly can out of your food while also staying fit and healthy. 🍌

NEW SUPERFOOD BLENDS WHO DIS?

We've Improved our Formulations

INTRODUCING OUR NEW LOOK SUPER GREENS + REDS

A wholefood blend of 23 nourishing greens & reds to support immunity, gut wellbeing, energy, acid-alkaline balance, antioxidant protection and more. With 18 vitamins & minerals from all natural sources, including vitamins A, C, D, E, K, B, calcium, iron, magnesium, and zinc, Super Greens + Reds is the all-in-one wellness elixir that gives your body everything it needs to feel your best.



INTRODUCING OUR NEW LOOK AÇAI BERRY BLEND

A delicious blend of acai and super berries that naturally contains vitamin C & antioxidants to support immunity, energy and glowing skin. Together with premium refractance dried super berries, sweet mango and beetroot, Acai Berry Blend is the perfect base for making your own acai bowls.



INTRODUCING ORGANIC PERUVIAN MACA

Maca has been traditionally used for centuries to naturally support internal balance and vitality. Our Organic Peruvian Maca powder combines the power of yellow, red and black maca, and is a sustainable, fair trade, organic blend that ensures you're getting all the potent benefits available.

Fresh is Best

So fresh and so green, so
tasty and so clean.

AVOCADO TOAST *with Peas & Mint*

SERVES 2

You've heard of a side of loaded fries, well this is loaded toast with a side of wise. Made seriously fresh with mint and lemon, a hit of protein - yes peas, good fats in avocado and goats cheese, and extra nutrition/flavour with olive oil, garlic, himalayan salt, pepper and nutritional savoury flakes. This Avocado Toast with Peas and Mint is a great meal to set you up for a long day, you could also make just one slice for a wholesome, refreshing and filling snack at any time of the day.

You will need

*The Wholefood Pantry Vegan
Nutritional Savoury Flakes*

1 small avocado
1 clove of garlic peeled and cut in half
1 cup of peas thawed
¼ cup goat cheese
Juice of ¼ lemon
¼ cup of mint
Olive oil to drizzle
½ tsp *The Wholefood Pantry
Himalayan Crystal Salt*
Cracked black pepper
3 slices of toasted sourdough bread

Method

- 01| Place the avocado, savoury flakes, lemon juice, salt and pepper in a bowl. Mash until combined. Taste and adjust seasoning.
- 02| Rub cut half of garlic on sourdough, drizzle with a little olive oil.
- 03| Spoon the avocado mixture onto the toast, then top with peas, morsels of goat cheese and mint.



Rainbow SALAD

SERVES 4

We're pretty sure this is the pot of gold at the end of the salad rainbow. Eating a variety of colours in your food means you'll be eating a variety of different types of fruits and vegetables. Plants contain different pigments, or phytonutrients, which give them their colour, so different colours will mean a variety of different nutrients. It also makes creating our meals feel like a fun, colourful canvas, one the kids will be sure to love too.

You will need

1 cup *The Wholefood Pantry
Biodynamic Rain Fed Brown Rice*
2 tbsp *Chicken Bone Broth,
Homestyle Original*
1 sweet potato, diced
2 tsp fennel seeds
2 yellow squash, sliced
1 zucchini, sliced
4 radish thinly sliced
½ small purple cauliflower, cut
into florets
1 bunch small asparagus
1 cup baby spinach
½ cup *The Wholefood Pantry
Almonds*
¼ cup *The Wholefood Pantry
Pepitas*
A handful of micro herbs
½ tsp finely grated lemon zest

2 tbsp freshly squeezed
lemon juice
1 tsp honey
½ tsp dijon mustard
¼ tsp *The Wholefood Pantry
Himalayan Crystal Salt*
4 tbsp extra-virgin olive oil
Freshly ground black pepper

Method

- 01| Preheat the oven to 200°C, prepare the sweet potato on a lined baking tray, drizzle with olive oil, season with salt, pepper & fennel seeds. Bake for 25 minutes or until caramelised. Set aside.
- 02| Cook rice according to packet

directions, adding in broth powder to water. Taste and season once cooked.

03| Meanwhile, char cauliflower squash, asparagus and zucchini either on a grill or a dry pan on high heat. Lightly season and set aside.

04| Mix together lemon zest, lemon juice, dijon mustard, olive oil, ¼ tsp salt and a few cracks of black pepper until emulsified.

05| Layer all ingredients on a large platter and scatter over micro herbs, then drizzle over dressing just prior to serving.



CHOCOLATE COOKIE DOUGH *Smoothie Bowl*

SERVES 1

Chocolate in a smoothie bowl is always a winning combination, so a Chocolate Cookie Dough Smoothie Bowl turns a winner into a chocolate champion. Add some crunch and enjoy your favourite cookie crumbled on top of this delightful bowl guaranteed to turn heads and turn your day into a sweet direction.

Ingredients

- 2 frozen bananas
- 1 fresh banana, sliced
- 1 heaped tbsp nut butter
- 1 cookie (your fave) crumbled
- 2 tbsp Clean Protein Chocolate Thickshake
- 2 tsp The Wholefood Pantry Organic Cacao
- ¼ cup plant milk
- 1 tbsp The Wholefood Pantry Cacao Nibs
- ¼ cup of The Wholefood Pantry Organic Almonds, toasted

Method

- 01|** Blend frozen banana, protein, cacao & plant milk together in a blender.
- 02|** Pour into a bowl, top with banana, nut butter, cookie crumbled and nibs.
- 03|** Enjoy immediately.

MINDFUL EATING

BE PRESENT WITH GRATITUDE



Derived from the practice of Buddhism, mindfulness is all about being present during your everyday experiences. Often the pace of life gets in the way of the things that matter, derailing us from the simple pleasures we have in our day-to-day, like eating! It's no secret that when life gets busy, things tend to speed up and often our self care rituals drop off. However, regularly committing to approach meal time with a meditative method can enhance your self awareness and understanding of how food affects your feelings and energy.

Here are our top five mindful eating tips to introduce to your daily routine.

- 01|** Be present in the cooking process - notice the touch, feel, look and smell of your ingredients and reflect for a moment on where that food has come from.
- 02|** Consider how hungry you are before plating up - this helps to set the satisfaction factor rather than over or under eating.
- 03|** No screen time at meal time - avoid distractions, step away from your desk and try not to eat on the go - be present with your food.

04| Press pause mid meal - put your cutlery down and tune into how your body feels at that moment. Slowing down the pace of your meal can help with digestion.

05| Acknowledge your hunger cues - feel like a serve of seconds? Once you've finished, take 5-10 minutes to let your body digest. This break gives your brain time to hear the "I'm full" signals from your stomach. If you're still hungry, no problem! Go back for more and enjoy.

Like any habitual change in life, the real key here is consistency. Taking a mindful approach at every meal time will have you looking forward to your next blissed out, zen snack. 🌿

FOOD STYLING 101

A GUIDE FOR ENTERTAINERS & FOOD ENTHUSIASTS

BY NUTRA ORGANICS CREATIVE DIRECTOR EMA HARRISON



PICTURED: Choc Banana Cake with Lover's Ganache

I believe there is a story behind every meal we make. It starts with the farmer's hands that lovingly prepared the soil before labouring over their harvest, to the mindful grocer who carefully selects only the best produce for their valued customers. We tell stories every time we make dishes that have been passed down to us, about our family, our history and our culture. When we seasonally mix things up, we are telling stories about our environment. Every time we break bread to celebrate a milestone, or even when we are dining as a group for no other reason than to encourage togetherness - we are always telling stories through our interactions with food. To me, these

stories are best summarised by the ingredients we choose and the flavours we combine.

We eat with our eyes

When I see a beautiful dish in a cookbook that captures my attention, I'll pause and take it all in. The way a dish can be perfectly curated is a mouth-watering form of art. I'll feel immediately inspired to make something myself, and that to me is storytelling done right!

However, food styling for me is not about perfection on a plate. Instead, it's about completing the storytelling journey. When you think about



PICTURED: Maple Paleo Granola with Acai Berry Coconut Yoghurt

it, the way a dish is plated up is actually the final chapter of the beautiful stories we get to tell when we thoughtfully piece together a meal.

How to visually tell a story with food

Here are my handy tips to enhance your food styling and impress your dinner guests like a pro.

Decide which story you want to tell

For example, if it's a colour story, pick a hue that works with your hero ingredient. Likewise, if it's an ingredient story, garnish your dish with ingredients that showcases the flavour of your dish. Bring it all together by selecting a plate colour that marries your dish to the theme of your story.

Approach creativity with a mindset of 'play'

For me, all creativity comes from a place of 'play.' It isn't a task, or something to strive for, and most importantly, it isn't something you can fail at. Approaching food styling with this mindset will release any inhibitions you have about whether you can or can't do it. Instead, you'll just keep things light and have fun playing with your food.

Prepare your styling ingredients

Try mixing up the cut of your fruits and/or vegetables to create contrast and visual interest. For example, combine whole strawberries with strawberries cut in half. Using a sharp knife to prepare everything makes the world of difference when creating clean lines, unique shapes and detail with your food.

Draw it up

Bear with me on this one, it may sound odd at first. Often I will do a rough drawing of the styling concept before I work with food. Yes, my line of work entails me to create beautiful food images regularly - and so preparation is key here. However, I now do this with personal events like Birthdays and Christmas, and I've found a quick sketch really helps if you're not sure where to start or how it'll all come together.

When building your dish, start with a base/foundational layer

The base of your dish should be the bulkiest ingredient you have, like rice, oats, potatoes or lettuce.



PICTURED: Seared Salmon and Roast Potatoes with Fennel Slaw and Tartar Dressing



PICTURED: Grilled Peach and Quinoa Salad with Goat's Cheese and Asparagus



PICTURED: Chia Smoothie Bowl with Beauty Berries

Lay this ingredient down first and then start to build off it with the rest of your ingredients. Keep in mind which ingredients you want to have high visual representation, and use these sparingly until we start to layer our secondary ingredients (further down).

Create a focal point with your feature ingredient

Think about where you want to draw attention in the dish at first glance - this will become your focal point. Choose a feature ingredient, like a halved avocado or a piece of seared salmon and hero it.

Layer secondary ingredients

Build the ingredients you want to prominently display around your focal point. Try to make it look natural by creating peaks and troughs with your ingredients. Create eye-catching visuals with contrasting colours, and a mix and match of ingredients and textures. Assess and tidy up these elements, looking to see if it feels balanced overall.

Add detail and texture

These finer details are key to storytelling with food. My go-to delicate details are nuts, seeds, florals, small pieces of fruit, as well as salt & pepper. Any of these items will add visual interest and create a 'feast for your eyes'. Don't forget to use garnishes that are in the dish to tell an ingredient story. For example, if you have a pesto sauce, garnish with some fresh basil and pine nuts.

Our eyes love repetition

Repeat your ingredients and work with odd numbers to make it feel natural. In nature many florals and leaves grow in odd

numbers, and our eyes tend to notice this. Therefore, when we see styling with odd numbers, it just 'feels right' because it's in nature and innate to us.

Create angles and symmetry with your ingredients

Symmetry is a wonderful thing, but be careful not to make it look 'too perfect'. There's something beautiful about a little bit of chaos in styling. Also, don't be afraid to keep it simple and rustic. Sometimes piling things on a plate can look too busy. Some dishes absolutely call for stripping it back and using the simplicity of angles, symmetry and balance for an understated yet impactful plate.

Look and Learn

If you see a styled dish in a book or online that you love but don't know why, examine the elements and try to deconstruct the styling in your mind. Notice the focal point, the height and the depth of the dish. The shadows and highlights, and the colour and detail. Understand what makes it so interesting to look at. Then try to replicate it.

When it comes to food styling, the best advice I can give is to be persistent with having a go. It may take a few attempts before you get the knack of it... But don't give up! I promise you there is nothing more rewarding than telling a story with your food. Plus, once you are in a rhythm, you'll have everyone asking at your next dinner party "what caterer did you use?" 🍷

For more creative inspo, you can find Ema on Instagram @ema_harrison

KITCHEN HACKS

OUR CULINARY TIPS & TRICKS



Place your fresh herbs (except for basil) in a glass of water in the fridge to keep them fresher for longer



Stale bread? Don't throw it away. Use it to make yummy croutons for your next caesar salad



Make a clean-out-your-fridge dish once a week to reduce wastage - stir fries & soups are a great option



For lemon juice, pierce the lemon through the side (length wise) with a skewer and squeeze



Reuse old jars as storage for your nuts, seeds & grains



Plant the seeds from your veggies in your veggie patch



Cut your avocados around the middle rather than length ways, to avoid less surface area becoming brown



Difficulty opening a fresh jar? Put it upside down in a bowl of warm water for 20 seconds to loosen it



Add a raisin to your flat champagne bottle to reignite some bubbles



Put your hard avocados next to your bananas to ripen them up



Cracked egg? Add vinegar to your pot before you boil to prevent a leak



Organise your pantry condiments into categorised baskets



Add your garlic cloves to a container and shake to remove the skin



Give your plants a nice drink with banana water. Add old peels to water for two days, then water your plants



Freeze your herbs in ice trays with oil for easy use when cooking dishes that need heat

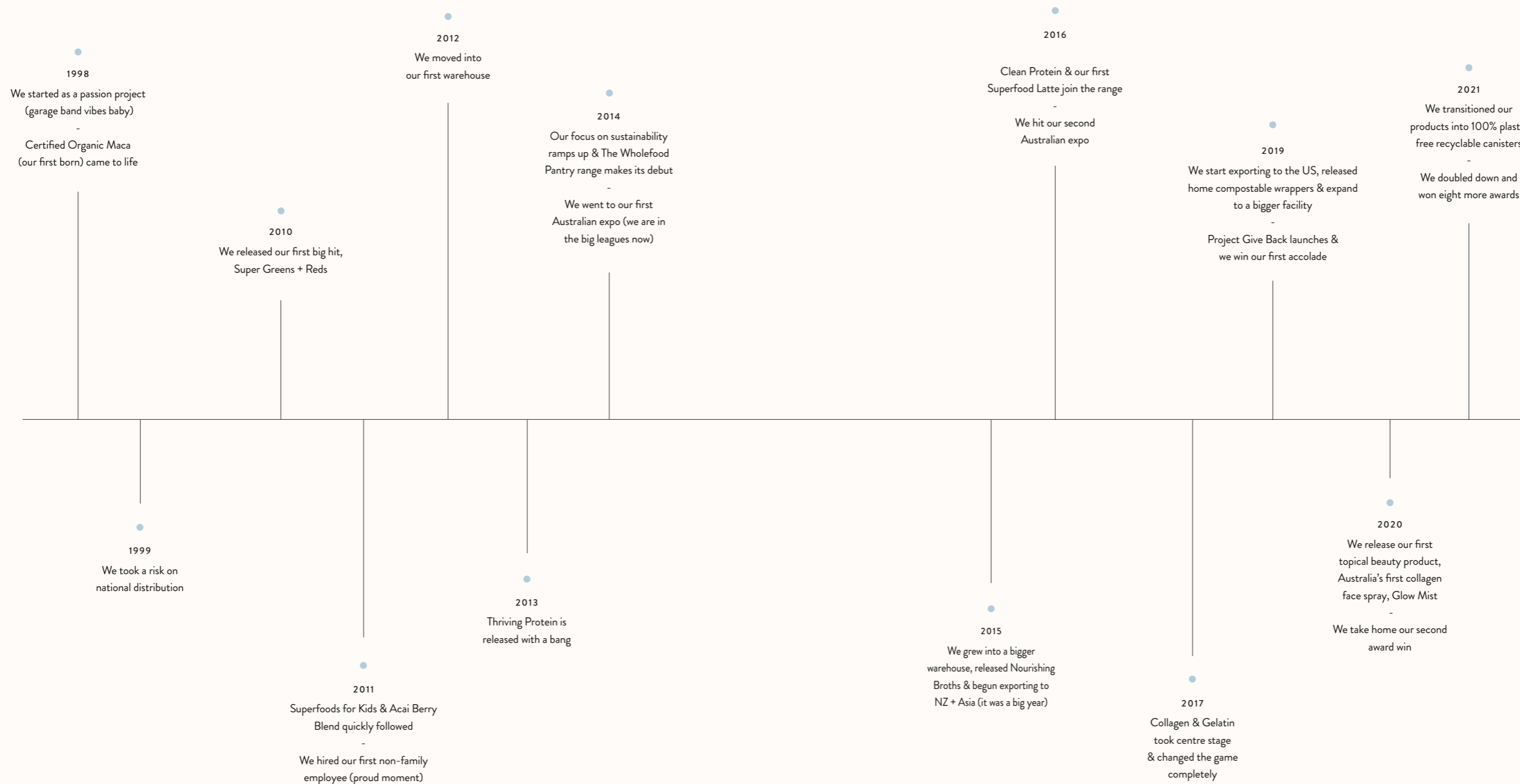


Kept on their own in a cool location, cucumbers will last longer when not refrigerated



● A SNAPSHOT OF OUR JOURNEY

THE EVOLUTION OF NUTRA



A DATE WITH CLINICAL NUTRITIONIST KATHERINE HAY



WE CAUGHT UP WITH OUR GOOD FRIEND & NUTRA FAN GIRL

Katherine Hay

Between buying a house and planning her daughter Sunny's first birthday, Nutritionist Katherine Hay seamlessly found some time to squeeze in a chat with us about her family, career, health and journey with Nutra Organics.

"It was years ago that I was first introduced to the brand. I discovered The Wholefood Pantry foods and I was using them in my cooking a lot. It was around the time that I had just finished Uni. I was buying them from my local health food store

in Byron Bay. I was slowly introduced to the range, but then when Collagen Beauty® launched, I turned Nutra Organics mad and got to know all the other products really quickly."

Katherine had a vested interest in health from a young age, choosing to study naturopathy at university before transitioning to nutritional medicine. "I was about six months away from finishing my naturopathy degree when I lost my passion for herbal medicine. I realised the body

required nutrients to thrive and function - and not just herbs and medication. Back then, naturopathy was what led me to nutritional medicine, and once I switched paths it was a full blown love affair."

After graduating, Katherine dove head first into setting up her clinic Kaptured Nutrition, and has since moved to the Gold Coast. "Having my own clinic and seeing how much you can transform someone's life with dietary and lifestyle advice is just so empowering and it's what ignites my soul as a practitioner."

Like in many professions, Katherine has a set of tools she uses to deliver exceptional results for her patients. "I absolutely love Collagen Beauty® and I've been using it for years. I prescribe it to nearly every single patient that walks through my door in my clinic. I genuinely noticed a difference within my own health once I started using it. So it's tried and tested - I've seen the results through my own experience as well as my patients."

Katherine explained when she was younger she had struggled with irritable bowel syndrome and acne, and was able to heal herself through food. She expressed how Collagen Beauty® (among other changes) helped to make a difference in her own life. "I have used Nutra Organics for my own skin and gut health and when I'm putting my patients on gut protocols, which also reflects skin health - I always recommend Collagen Beauty®. It's just something that I'm extremely passionate about because I've seen how amazing the results are from using it."

Being an advocate for Nutra Organics, we were thrilled to hear Katherine's thoughts on our recent endeavour into topical skincare products. "I think it's amazing that you guys are branching out into topicals. As a Nutritionist, it's obviously about working from the inside out for me. But as a consumer, I also want to be sure that what I'm putting on my skin is clean and is going to benefit me, not hinder me. That's what I love about Nutra Organics launching into skin care with a topical beauty range, I still feel safe and I trust what's going on my skin. I'm all for it - I absolutely love it!"

The conversation quickly turned from our future plans, to what's next for Katherine. "My future nutrition goals really centre around being a mum.

Now that I have Sunny in the world, I am really making a conscious effort to educate her around food. All types of food, it's not just singling out 'what's healthy' and 'what's not healthy'. I believe all foods play such an important role emotionally, mentally, physically and spiritually. It's all about education and getting Sunny really involved in food and getting her in the kitchen. Understanding what her body needs to feel really good. And for me, that's what it all comes down to. Food should make you feel good. Whether you are eating with a bunch of friends or eating on your own. As long as you're feeling good when you are eating that food, that's such an important take home message."

When we asked what we could do to support Katherine's future nutrition goals, the obvious answer was to continue making products that are family friendly. "I love all the kids' products. It's such a fantastic solution for toddlers or babies who are fussy - and getting such amazing ingredients into their little bodies. I incorporate all three products into Sunny's diet."

This sentiment was echoed in the feedback Katherine said she'd been receiving from her patients and her online audience. "I get asked a lot 'if my baby can have the salt in the Nourishing Broths range'. I always say "yes, because you're diluting the bone broth." That's what I do love about the Nutra Organics range. Most of the products are designed for the whole family and are safe during pregnancy and breastfeeding - so women can feel confident knowing consuming these products is totally fine."

Before we finished up our chat with Katherine, we asked her what her favourite thing about our brand was. "Knowing that there's a family behind this business and that it's Australian owned - that's what's important. I want to support Australian businesses, it's such a big draw card for me. I just really love supporting a company that I wholeheartedly trust and adore. I've had such positive experiences with Nutra Organics and I love the range as a Nutritionist and as a consumer." 🌱

If you're wanting to book an appointment with Katherine, visit kapturednutrition.com.au or connect with her on Instagram by following [@katherine_hay_nutritionist](https://www.instagram.com/katherine_hay_nutritionist)

YOUR CHANCE TO WIN A \$500 PACK OF NUTRA GOODIES

SHARE YOUR SELF CARE RITUALS WITH OUR COMMUNITY

We are in the business of helping our community look and feel the best that they can, by tackling health from a number of different angles. So it goes without saying that we are absolutely here for some self love practice - particularly when it involves our products. When it comes to self care, it's the little things that go a long way. From a refreshing Glow Mist spritz, or a morning Matcha Latte, to a ten minute meditation, or an awakening hit of Super Greens + Reds. There has never been a better time than the present to learn and practice self love, and we're here to support you on that journey.

Come and join our Facebook community Nutra Fam for all our self care tips & tricks, as well as early access to sales, sneak peeks of new products before they launch, exclusive deals, our favourite recipes and more.

Plus, if you share your favourite self care ritual in Nutra Fam, you'll go into the draw to win a prize pack of \$500 worth of Nutra Organics products. There's no reason not to join!*

*Competition will end 16 February 2022. You must be an Australian resident to enter. The winner will be randomly drawn and announced on 17 February 2022.

OUR UNSUNG HEROES



They Always Deliver, Everytime!

We may be best known for our award winning Collagen Beauty®, but did you know we have another 75+ products that make up our full range? That's right! We've tackled nutrition from so many different angles, it's hard to keep track. So we thought we'd make a little space for some of our unsung heroes. Sure, some of these products don't get talked about often, but you can count on them being as reliable as your Dad's silly jokes at Christmas lunch.

01/ Leading the pack is none other than our Natural Gelatin - a versatile product that provides collagen protein with key amino acids for tissue building, repair and gut wellbeing. Plus, the recipes you can create with Natural Gelatin are absolutely something to write home about.

02/ Stand up and take a bow Clean Greens - Reformulated in February this year, Clean Greens has wasted no time in making a splash. It's all in the name for Miss Clean Greens, she's straight up greens and she's on a mission to increase your intake of veggies. Clean Greens is

innovative in her formulation. She's Australia's first greens product to include E3AFA Aquabotanical Algae, which is considered by world renowned health authorities to be nature's most beneficial superfood - What a gal!

03/ Knock, knock. Who's there? It's Collagen Build - a natural body toning and strength formulation for anyone living an active lifestyle, or anyone wanting to tone, build and repair muscle. Collagen Build is formulated with a great source of protein from BODYBALANCE® Bioactive Collagen

Peptides and magnesium to support muscle building, repair and function.

04/ Last but not least, our smooth operator when it comes to bone strength & repair, Collagen Body - this baby is perfect for anyone concerned with their bone strength. Containing FORTIBONE® Bioactive Collagen Peptides, vitamin D and calcium, this formula is able to support your bone health like no other. *If you haven't tried one of the products from this line up, why not give them a go? We promise you won't be disappointed.*

Self Care Recipes

Apple Pie SMOOTHIE

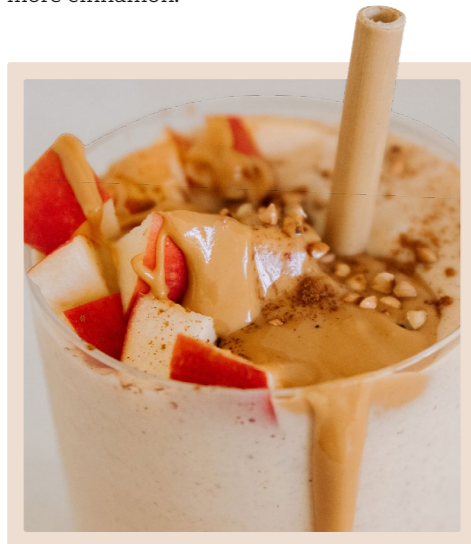
The smoothie that could become the apple of your eye - Apple Pie Smoothie. Just like an apple pie, minus the effort to make it and the excess processed sugar. It's super easy to make and even easier to devour, especially on warm summer days when we need a dose of refreshment and nutrition.

You will need

- 1 frozen banana
- 1 and 1/2 large apples, 1 apple peeled and grated, remaining apple half diced for topping
- 2 tsp nut butter, warmed slightly
- 2 tbsp Clean Protein Salted Caramel Fudge
- 1/2 tsp cinnamon, 1/2 tsp nutmeg plus extra cinnamon for dusting
- 1/2 cup almond milk

Method

- 01| In a blender, add frozen banana, grated apple, protein, almond milk, 1 tsp of nut butter, cinnamon and nutmeg.
- 02| Blend until smooth.
- 03| Pour into a glass and top with apple, remaining nut butter and dust with a little more cinnamon.



CHOC MINT MATCHA Smoothie Bowl

Greet and 'green' your morning with this delicious, healthy spin on the classic choc mint flavour. We guarantee the combination of fresh mint, banana and chocolate will leave your taste buds tingling. The bright pop of green is thanks to our hero ingredient, Matcha Latte, which we've added to help you feel energised throughout the day. Seriously, this smoothie bowl is so good you'll want to trade out your after dinner mint for it.

You will need

- 2 frozen bananas
- 1/4 cup plant milk
- Handful of fresh mint (plus extra to serve)
- 1 tbsp of Matcha Latte
- 50 g The Wholefood Pantry Dark Chocolate Buttons
- 1 tbsp The Wholefood Pantry Cacao Nibs

Method

- 01| Melt the chocolate over a double boiler or microwave.
- 02| Place bananas, plant milk, Matcha Latte powder and mint in a high powered blender. Blend until smooth.
- 03| Pour into a bowl then drizzle over melted chocolate. Top with cacao nibs and mint.

DIY Face Mask

Dull skin is so not the flavour of the month, dewy hydrated skin on the other hand? That's one to make us green with envy. This simple DIY Face Mask is made mostly from ingredients we usually have in our cupboards, it is quite literally edible, so if some slips from your face into your mouth, no dramas there. Matcha helps to reduce inflammation, banana and avocado add hydration, yoghurt's lactic acid content aids in diminishing the appearance of fine lines by tightening and shrinking pores and honey helps with healing blemishes and soothing inflammation, a dose of sweetness indeed!

You will need

- 1 tbsp Matcha Latte
- 1/2 ripe avocado
- 1 tbsp yoghurt
- 1 tsp honey

Method

- 01| Add all ingredients into a blender,

and blitz to combine.

- 02| Apply mask to face and leave for 20 minutes, then wipe off and follow-up with your normal skincare routine.

Note: For a thicker mask add some flour



JOURNAL YOUR WAY TO CLARITY

Improve your wellbeing through the art of the written word

Journaling or keeping a diary is an ancient tradition that dates back to 10th century Japan, a tradition that's lasted the distance for good reason. While our journals and the contents these days aren't so similar, journaling is still a popular option to keep track of one's mental journey and map out the internal landscape of our thoughts and feelings. Not only can journaling be beneficial for our mental health as we jot down and release our thoughts on paper, but it has also been shown to be highly beneficial to our physical wellbeing. But why put pen to paper when I can just calm down with a delicious cup of iced Lunar Latte you might ask? Well, why not do both?

There is an abundance of literature and research supporting not only the benefits of journaling for mental clarity and health, but for physical health too. Psychologists have stated that regular journaling strengthens immune cells called T-lymphocytes. By writing about our problems, we release the stress that builds up in our bodies and affects not just our mood but our physical health. Other research indicates that journaling decreases the symptoms of asthma and rheumatoid arthritis. In one study, asthma patients who jotted their emotional memories down showed lung function improvement by 10 percent after just four months, while the asthma patients who didn't write and reflect on their feelings showed no change.

Writing about stressful events helps with reconciling what has happened, thus reducing the impact of these stressors on your mental and physical health. We can also keep a track of

our patterns, achievements, growth, and even the things that make us happy, among countless other life moments to reflect on. This is such an important part of journaling, much like a detox, we rid our bodies of the things that weigh us down and make us feel tired and fatigued. Yet we don't stop here, we fuel our bodies with good food - journaling is the same. Try writing down some good things in your life, something you are grateful for, something you are excited for or perhaps a goal you have or an achievement you are proud of.

We've included seven journaling prompts tailored towards self care to get you started on your journey:

- What is one thing I am proud of this month?
- Who is one person I could encourage today?
- What are three self care things I can do for myself this week?
- List some things that are making you feel anxious and write down on a scale of 1 - 10 how much that thing really matters in the grand scheme of your life.
- List three things you are grateful for in your surroundings.
- List three of your happiest moments in life.
- If you were ten times bolder, what would you do today?

Write your way to better health, a pen, some paper, some honesty and a willingness to care for your mind and body is all you need to get started. Now that you have some journaling prompts, you are all set for the week ahead. Happy journaling! 🌸

SYNERGY SPOTLIGHT

From the Assembly Line to Your Home



Have you ever stopped and thought about the worker bees making sure the packaging is just right on your favourite Nutra products? It's easy to forget these guys, but there's no denying they play an integral role in getting our formulations from the lab to your kitchen pantry.

Synergy Group, a part of Challenge Tweed Inc, is a community-based supported employment organisation that has been in operation since 1969. As a not-for-profit Australian Disability Enterprise, Synergy Group is dedicated to providing meaningful employment to those living with permanent disabilities.

We've been proudly partnered with Synergy Group since 2015, and in that time we've come to rely on them for fast and efficient packaging, knowing that there's never going to be a compromise on quality. Synergy Group have played a major part in the continual growth of Nutra Organics, and we are forever grateful to have found such a professional and purposeful long-term local partner.





VIEWS OF THE SURROUNDS OF OUR HEADQUARTERS AND OUR 460 ACRE PROPERTY

