

COCONUT ORANGE GOURMET GRANOLA

Where did the idea come from?

It came from my frustrated visits to the supermarket trying to find a product that was dense in nutrients, without added sugars at reasonable price.

Read below to find all the nutritional information.

Whole oats

Oats help regulate blood sugar, reduce harmful LDL cholesterol without affecting HDL levels (good cholesterol). It neutralizes toxins in the body which means its helps to fight cancer and other degenerative diseases.

Oatmeal is the cereal with the highest concentration of vitamins and minerals; it is rich in fiber, protein and healthy fats. Also it regulates the digestive system for its soluble fiber content. It keeps you satiated to avoid crazy cravings for foods that are damaging to your system.

Vitamins: A, D, E, complex B

Minerals: Calcium (bones), Iron, (helps transport oxygen in the body), Zinc (insulin production)

Raisins

They help purify the body of toxins, prevent constipation; rich in antioxidants (flavonoids) protect the cells from free radicals. Rich in carbohydrates, which means they provide a lot of energy.

Dates

They provide a lot of energy to the muscles and the brain. It's excellent before exercising and aids to increase mental capacity and agility. Rich in glutamine, a non-essential amino acid that helps to neutralize the acidity resulting from physical exercise and prevents the loss of muscle mass - Excellent for athletes. It also contributes to the regeneration of the intestinal mucous membranes that are affected by poor diet, antibiotics and bad habits. Finally it contains fiber and its high caloric content means its better to eat it with moderation.

Almonds and Nuts

Rich in healthy fats, fiber, vitamin E, manganese and magnesium. They are also rich in protein and are slowly absorbed, which makes them a low glycemic food. Very favourable for people with diabetes and those who want to maintain regular weight. (Also, need to be eaten in moderation)

Unsweetened coconut

It has high nutritional value as it contains healthy saturated fats, mainly medium chain fatty acids. The fiber content helps us keep satisfied and lastly it contain some minerals such as manganese, copper, iron, magnesium, phosphorus, potassium, zinc and selenium.

Orange peel

Few people know that the phytonutrient limonene, found in citrus fruits has many benefits to our health. The polymethoxylated flavones in orange peels have cholesterol-lowering properties. According to different studies performed in Canada and the United States, it is a natural alternative for reducing LDL cholesterol without the side effects of mainstream cholesterol drugs. Orange peel is a very good source of pectin, which is a natural fiber that can decrease the rise in blood sugar that may occur after a meal.

The pectin in orange peel acts as a prebiotic and encourages the growth of beneficial probiotic bacteria in the intestines. It helps to fight digestive problems, stomachaches, indigestion, constipation, diarrhea.

Coconut oil

The benefits of coconut oil include hair care, skin care, stress relief, maintenance of cholesterol level, weight loss, stimulate the immune system, digestion and regulate metabolism. It also provides relief of kidney problems, heart disease, high blood pressure, diabetes, HIV and cancer, while helping to improve the quality of teeth and bones. It also has antimicrobial, antioxidant, anti fungal, antibacterial and calming properties.

Where can you buy it?

Order online, you can also call or email me at:

Email: mxospina@nourishmegood.com

Mobile: 305 332 2920



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