Spinach-its not just for Popeye

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Spinach is an edible flowering plant in the family Amaranthaceae native to central and western Asia. It is an annual plant, which grows up to 30 cm tall. Spinach may survive over winter in temperate regions.

Health Benefits from Spinach. Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.





Example Recipe:

Strawberry Mango Smootie

2 Cups water or Mik

1 cup strawberries

1 cup frozen Mango or Fresh

1 cup Spinach

-Blend & Enjoy!

Berry Burst

2 cups water or milk

1 cup mixed berries fresh or Frozen

1 Banana

1 cup spinach

-Blend & Enjoy