

# Cooking with seaweed



**S**ustainably harvesting its wild seaweeds among Scottish and Norwegian conservation islands, Seagreens has been pioneering human food-quality seaweed for the past 10 years.

This natural multinutrient wholefood has all the minerals and trace elements in a near-perfect balance, and has also made it easier than ever before for anyone of any age to get a little seaweed into their daily diet. In fact, *The Guardian* voted Seagreens "one of the two best detox products on the high street" in 2005.

Two Seagreens wild seaweeds are produced for use on the plate, and are not expensive.

Culinary Ingredient compares favourably with imported Japanese varieties and is a

dried, granulated wild bladderwrack seaweed called *Ascophyllum nodosum* for sprinkling, cooking and baking. You can even sprinkle Culinary Ingredient on French fries and it is now recommended as

an ideal replacement for salt (sodium chloride) in manufactured foods.

Then there is Seagreens Salad & Condiment, which gives much larger pieces of wild *Pelvetia canaliculata* to soak and add to salads and vegetables, grind up with herbs and spices, or just crunch as they are – delicious, and a highly nutritious taste of the wild.

Most health food stores stock these products. For more information on your local stockist visit [www.seagreens.com](http://www.seagreens.com) or call Seagreens Information Service on 0845 0640 040.



## SWEDISH WHORTLEBERRY BREAD

**A traditional Swedish country bread, moist and easy to make, this recipe makes one family loaf**

<b>Ingredients:</b>	100g linseeds or caraway seeds
233g rye flour	100g sunflower seeds
233g wheat flour (or gluten-free buckwheat)	75g coarse rye flakes
7.5g baking powder	75g coarse ground rye
7.5ml bicarbonate soda/ baking soda	100-150g lingonberries or lingonberry conserve (or Red Whortleberry)
30g Seagreens Culinary Ingredient	50ml treacle
5g Seagreens Salad & Condiment	350ml soured milk
100g raisins/dates	Two free range eggs

**Method:**

- Mix the dry ingredients in one bowl and the wet ingredients in another.
- Mix the dry into the wet ingredients.
- Form the mixture into the desired bread shape and smooth the surface with a floury hand.
- Bake in a preheated oven at 175°C for one hour, or until the centre of the bread is dry (if a skewer or knife comes out cleanly).
- Let the bread cool on a close-wired or plain baking tray.

**Useful tip:**  
To sour milk quickly, put one tablespoon of lemon juice into half pint milk, stir and allow to stand for one hour

## PUKKA'S CLEAN GREEN SMOOTHIE



**Blend, drink, cleanse**

- 1 tsp Pukka Clean Greens (NEW – contains Seagreens)
- 1 small cucumber
- 1 small lettuce
- 2 sticks celery
- 1 tablespoon Pukka Aloe Vera Juice
- 1 teaspoon omega 3 oil (hemp seed)

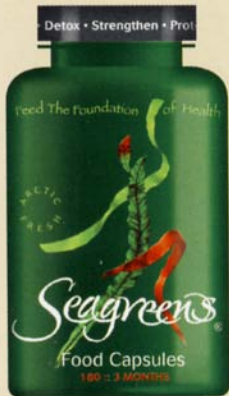
## CACAMOLE

<b>Ingredients:</b>
2 avocados
1 lemon, juiced
1 tbsp hemp oil
1 clove garlic
1 tsp (5g) Seagreens Culinary Ingredient
Pinch Himalayan crystal salt
2 tbsp cacao nibs

**Method:**

- Remove the flesh from the avocados and place in a blender. Add the lemon juice, hemp oil, garlic, and Seagreens.
- Blend to a puree, adding water or more oil if you need to. Stir in the cacao by hand. Share it with someone who needs cheering up.

**\*Recipe taken from Raw Magic, by Kate Wood, one of the most experienced raw food promoters in the UK today. She is author of Eat Smart, Eat Raw, the UK's best-selling raw food recipe book, and Raw Living, a recipe book and guide to the raw lifestyle.**



# Feed the foundation of health

Seagreens® provides the full range of whole food micronutrients and a complete foundation for nutritional balance. Seven products allow “everyone to get a gram of seaweed in their daily diet” (Organic & Natural Business 2008). Milled single Seagreens® are nutritious ingredients and condiments for raw food, cooking and baking (see recipes page), while mixed Seagreens® in capsules or granules are so

easy to use for all ages they are widely recommended by nutritionists and dieticians. Harvested to Demeter biodynamic and organic standards among Norwegian and Scottish conservation islands.

**Product by: Seagreens**

**Information: [www.seagreens.com](http://www.seagreens.com)**