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Tim Cahill

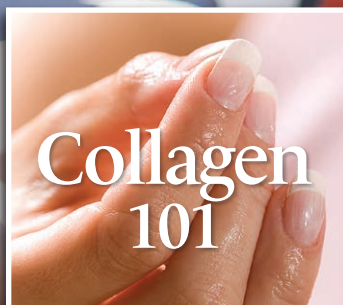
Sport, family and
business

Matcha



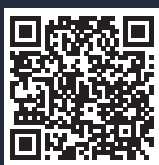
Matcha's impressive
health benefits

Collagen 101



All you need to know
about collagen

Elyse Knowles
on diet, exercise
and staying vital!



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*Your vitality
... our passion*



IN PROFILE

Meet your matcha

Narelle Muller discovers the super powers of the utterly unmatched matcha green tea.

“Superfoods” is the wellbeing catch phrase in health marketing today.

While busy consumers seek the best bang for their buck in terms of nutrition (after all, there really are only so many hours in a day and so many meals one can

consume) it can be a minefield knowing where to put your faith and your dollars.

The range of supplements, powders, capsules and mixtures you can add to your diet for energy, wellness, satiety, hydration, clear-headedness, vitality, optimal performance, detoxification is limited only by your patience and resources.

Sorting and sampling can be a slow process of elimination and rather hit and miss. But, what if you could simply replace one element of your daily routine, a cup of coffee a day, with something equally satisfying, something which provides an

intense immunity boost, calmness and focus, stamina, as well as metabolic vroomm?

Ta da! Enter matcha green tea. Wellness in a cup, it contains the highest concentration of antioxidants in any known fruit or vegetable.

While we are generally aware green

Matcha latte
In a cup stir 1 tsp Kintra Foods Matcha Green Tea powder into a paste using a small amount of hot water. Add heated/frothed milk of your choice. Sweeten as desired!

Kintra
FOODS

MATCHA NOW AVAILABLE IN CONVENIENT TEA BAGS & READY TO USE POWDER

www.kintrafoods.com.au



tea can fortify the body's defences, it is not widely known a serve of matcha equates, nutritionally, to 10 cups of regular brewed green tea, already acknowledged as a powerhouse.

Matcha means ground or rubbed, so when you consume matcha, you are ingesting all of the leaves' nutrients. Matcha plants are covered prior to harvesting to protect them against direct sunlight. This slows their growth and in turn encourages chlorophyll production, along with amino acids. Premium buds are handpicked and then stone ground, resulting in matcha powder.

It is only in the last 10-15 years that matcha green tea has become widely consumed outside of Japan.

Replacing one coffee a day, or just taking a shot of matcha in your water bottle or smoothie, will throw a powerful punch of extra vitamins and nutrients into your day. Alternatively, you may consider using it in baking – try our delicious Chocolate Matcha Cake! ☺

Narelle Muller is a journalist and health writer of more than 20 years, as well as a qualified personal trainer.

Chocolate matcha cake

(See picture opposite)



Heat oven to 180°C

Mix the following dry ingredients in a bowl:

- 200g almond meal
- 75g rice flour
- 75g tapioca or corn starch
- 3 tsp baking powder
- 220g sugar
- 80g cocoa
- 1/2 tsp salt

Mix the following wet ingredients in a jug:

- 150g maple syrup
- 180g oil
- 225g milk of choice
- 2 tsp vanilla essence
- 2 tsp apple cider vinegar
- 2 heaped tsp Kintra Foods Matcha Green Tea Powder mixed in 1/4 cup hot water

Method:

1. Add the wet ingredients into the dry ingredients and combine. Don't overmix.
2. Quickly pour mix into two greased/lined tins. (You can also make cupcakes.)
3. Bake for around 35-45mins for larger cakes, less for cupcakes
4. Allow to cool before removing large cakes from tins.

Chocolate ganache

- 200g dark chocolate
- 1/3 cup water
- 200g coconut cream
- 3 tbsps sugar

Put chocolate pieces into a heat proof bowl. Put water and sugar into a saucepan and bring to the boil. Boil for 2 to 3 minutes. Pour over chocolate and allow to sit for a couple of minutes before stirring. Ensure the chocolate is fully melted; put in microwave for 10 or 20 seconds if necessary. Stir through coconut cream. Refrigerate until desired consistency is reached. Use between cakes and on top. Sift Kintra Foods Matcha Powder on top of iced cake.

Thank you to Jennifer for this recipe @birdseedtweet.com.au

Bloating? Rumbling? Gassy?

The perfect time to recharge your gut



Our 3-step protocol:



formulated to support your digestive health.

Ask your healthcare practitioner if Eagle's 14 Day Gut Health Recharge Protocol is appropriate for you.



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Formulated
digestive
health

NEW at Go Vita

What's a **tigernut**?

Enjoyed by ancient African and Egyptian civilisations, tigernuts are not actually nuts, but tubers that grow beneath the earth. Paleo-friendly with a mildly sweet, vanilla flavour, tigernuts are a delicious source of fibre, vitamin E and potassium. **Power Super Foods** has launched a range consisting of flour and flakes, made from fairly traded and sustainably harvested tigernuts. Use **Power Super Foods Tigernut Flour** as a nutritious alternative to wheat flour, when creating cakes, muffins and pancakes. Try **Tigernut Flakes** (sliced tigernuts) as a base for homemade muesli, sprinkled on yoghurt, in salads or use when creating baked and raw treats.



Australia's newest and **most innovative vitamin** brand!

SUP Supplements are a homegrown Australian vitamin and supplement company with innovative products and formulations that are taking the country by storm! Some of our favourites include the innovative SUP Women's Essentials and Men's Essentials containing 15 essential nutrients targeted for men and women, nothing more and nothing less, in an Australia first technology where the capsule contains both a MULTI and FISH OIL. Also in the range is Gut Love a powerful probiotic with 25 billion probiotics sourced from eight strains. Travel Immunity; and also Focus. Check out the full range in selected Go Vita stores today!



White Wolf sampler packs

Have you wanted to sample the **White Wolf** vegan protein blends but not sure which flavour to

purchase? Well the team at White Wolf have now launched a vegan sampler pack containing a pack of each of the four delicious vegan protein powders for you to try! Available at selected Go Vita stores across Australia. RRP \$19.95



NEW Premium Aussie tea range

Kintra Foods has launched an exciting range of new premium specialty teas. Manufactured here in Australia, this organic range will be available from Go Vita stores nationally. By packing more product into each individual teabag, this extra strength range includes the following popular products; Mint Burst, Detox, Sleepy, Lemon Ginger Manuka Honey, Licorice & Peppermint, Fennel Fusion and Calm & Relax. There is something for everyone! RRP \$7.99

