

Green Origins



ORGANIC WHEATGRASS POWDER

Wheatgrass powder is produced from the young leafy shoots of the wheat plant. Our wheatgrass is grown in rich and fertile soil and harvested when it reaches its nutritional peak. 10kg of fresh leaves produces 1kg of our wheatgrass powder and unlike wheatgrass juice powder we preserve the fibre from the leaves, providing a high fibre powder.

OUR SHARED EARTH INITIATIVE:

We search the world for the most nutritious foods, source from producers who use organic methods and guarantee that at least 10% of our profits each year support social and environmental projects around the world.

WHY NOT TRY EXTRA GREEN GUACAMOLE?

- 1 tbsp wheatgrass powder
- ½ small red onion
- 1 tbsp fresh coriander
- Salt and freshly ground black pepper to season
- 1 ripe avocado
- 4 ripe cherry tomatoes
- Juice of 1 lime
- 1 tbsp olive oil



De-stone the avocado and scoop the flesh out. Mash in a bowl with a fork. Finely chop the tomatoes, onion and coriander.

Mix everything in with the avocado, serve with vegetable sticks and enjoy!



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NUTRITIONAL INFORMATION

TYPICAL VALUES (As Sold)	Per 100g	(%RI*)
Energy	1071kJ 259kcal	
Fat	2.1g	
of which saturates	0.5g	
Carbohydrate	21g	
of which sugars	9.3g	
Fibre	53g	
Protein	13g	
Salt	0g	
Vitamin A	450µg	56%
Vitamin C	46.3mg	58%
Calcium	428mg	54%
Iron	18.8mg	134%

*Reference Intake of an average adult (8,400kJ/2,000kcal).

INGREDIENTS: Organic Wheatgrass Powder.

SUGGESTED USE: Take 4-6g (2-3 teaspoons) per day.



Add to a smoothie



Stir into your favourite dip



Boost your favourite recipes

STORAGE: Store in a cool, dark and dry place.

This pack contains approximately 15 servings.

Wheatgrass Powder (*Triticum Aestivum*) produced in Europe, packed in the UK for Green Origins, Sheffield, S25 3SF.

HIGH IN VITAMIN A

Vitamin A contributes to the maintenance of normal skin.

HIGH IN IRON

Iron contributes to the normal function of the immune system.

Best Before End: See below

TO LEARN MORE ABOUT OUR PRODUCTS VISIT WWW.GREENORIGINS.COM