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Food of the Month

September: Pineapple

- Pineapple is high in Vitamin C—with one cup providing you with 105% of your daily requirement! Vitamin C protects our body against free radicals that attack and damage normal cells. It is also vital for the proper function of our immune system.
- It is an excellent source of the trace mineral manganese, which is essential for energy production and antioxidant defenses.
- Some studies have shown that bromelain, the enzyme found in pineapples, can reduce swelling, bruising, healing time and pain associated with injury and surgery. It is also currently being used to treat tendinitis, sprains, strains and other minor muscle injuries and swelling related to ear, nose and throat surgeries.

Nutritional Information: per 100g Pineapple

Carbohydrates	13g
Dietary fiber	1.4g
Vitamin C	79%
Fat Total	0.0g



Sweet Potato & Pineapple Salad

Ingredients

1.5kg orange sweet potato (kumera),
peeled, cut into slices
Olive oil
3 sweet corn cobs, husk and silk removed
1/2 small pineapple (about 450g), peeled,
halved lengthways, thinly sliced
1 large red chilli, halved lengthways, de-
seeded and thinly sliced.
1/3 cup fresh coriander leaves
1/3 cup fresh mint leaves
2 tsp avocado oil
Shaved fresh coconut

Directions

Preheat oven to 200 degrees. Line 2 baking trays with non-stick baking paper. Place sweet potato in a single layer. Bake in oven, turning once, for 35min, or until tender.

Meanwhile preheat a chargrill on high. Add corn, turning, for 10 minutes, or until tender. Set aside to cool. Use a sharp knife to cut close to the core to remove the kernels.

Combine all ingredients. Season on pepper. Transfer to a serving platter. Drizzle over the oil. Top with coconut to serve.