



4 Easy Recipe Ideas for Lowering Blood Pressure Naturally

As high blood pressure can be a sign of magnesium deficiency, here are a few quick and easy recipes you can try to increase the minerals needed by your body from your diet.

Foods rich in magnesium include dark chocolate, avocado's, nuts (almonds, cashews and brazil nuts), legumes (lentils, beans and chickpeas), seeds (flax, pumpkin and chia), whole grains (wheat, oats, quinoa), fatty fish (Salmon, Mackerel and halibut), bananas, leafy green vegetables (Kale, spinach). Be sure to add these to your daily diet.

Good Morning Blend

This tasty blend of yogurt, almonds, and dried fruit is a great way to get more magnesium for breakfast, not to mention lots of healthy fibre and other vitamins and minerals. Raise your breakfast magnesium level even more by adding a half cup of dried figs, raisins, or dates to this recipe.

Ingredients:

- 2 tablespoons dried fruit
- 2 tablespoons flaxseed
- 2 tablespoons unsalted raw almonds, walnuts or pecans, chopped
- 1 cup low-fat plain yogurt (no sugar added)
- ground cinnamon and/or sugar substitute to taste

Directions:

Stir the dried fruit, flaxseed meal and nuts into the yogurt. Top with a sprinkle of cinnamon or sugar to taste.

Quick Spinach

The ultimate health food for nutrition, cooked spinach (a food very high in calcium and other nutrients) is livened up in this delicious recipe by adding mushrooms and vitamin rich tomatoes.

Ingredients:

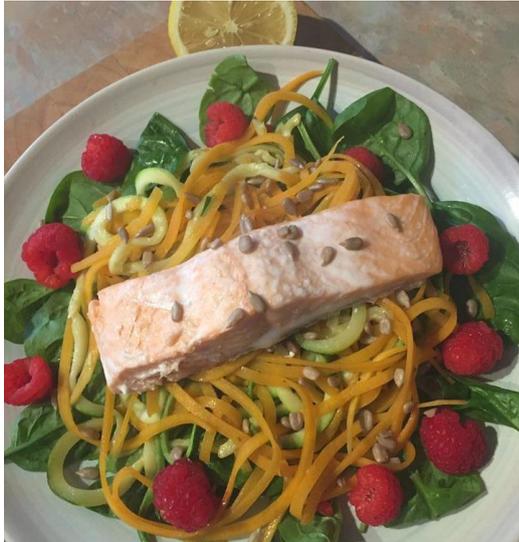
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 cup sliced mushrooms
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1/2 cup grape tomatoes, halved



Directions:

Place the oil and garlic in a frying pan over medium heat for 2 minutes, or until the garlic is soft. Add the mushrooms and cook, stirring occasionally, for 5 minutes, or until the mushrooms release their liquid. Stir in the spinach and tomatoes and heat through.

Salmon Salad Power Bowl



This is like the Mega Magnesium Salad. It contains squash, salmon, and leafy greens! Throw in some pumpkin seeds and your set!

Ingredients:

- 4-oz ounce grilled or baked salmon
- 3-4 cup seasonal greens
- 1/2 cup slices courgette and squash
- 1/2 cup raspberries
- 1 tbsp balsamic vinegar
- 2 tbsp avocado or olive oil
- dash of sea salt
- dash of pepper
- 2 thyme sprigs
- parmesan crumbles (optional)
- lemon juice

Directions:

1. First, slice your zucchini and squash, sauté in frying pan with 1/2 tbsp oil and a little bit of pepper/salt. Also make sure your salmon is already cooked. I cook mine in the oven with 1 tbsp oil, lemon, pepper and salt for 20 minutes at 200 degrees.
2. Once the courgette and salmon are cooked, go ahead and build your bowl. Greens first, then veggies, and salmon. Drizzle in your balsamic vinegar, thyme sprigs leaves, and the rest of your oil. Toss all together and place in bowl.
3. Add your raspberries last with a touch of lemon juice on top.
4. Sprinkle with parmesan if desired

Cinnamon bites with pumpkin seeds

A great way to get more pumpkin seed in your diet. Love using them in these bites. Great for snacking, and you can make ahead and freeze.

Ingredients:

- 1 cup coconut or almond flour
- 1/2 cup plantain flour or ground plantain chips. you can also use protein powder instead if you don't have plantain flour
- 1/4 cup pumpkin seeds
- 1/3 -1/2 cup nut butter of choice
- 2 tsp cinnamon



- 1/2 tsp cloves (ground)
- 1/4 to 1/2 tsp ground anise --> optional. you can use nutmeg instead
- 1/2 tsp butter or vanilla extract
- 1/2 cup honey
- 1 tbsp molasses
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Directions:

1. First, grind up your plantain chips. Then just mix up dry ingredients and add in nut butter, extract, and, molasses, and honey. Mix well, then roll into balls/bites. Freeze right away then use Vanilla Protein Powder or use coconut flour/sugar to roll bites in after frozen. Store in fridge or freezer to maintain freshness. Makes around 34-36 bites, give or take.
2. NOTE -> if your batter is dry, you might need to add more honey and/or nut butter to keep batter from being too dry.

Give them a go!