Sprouted wheat = wheatgrass

Wheatgrass is a food prepared from the cotyledons of the common wheat plant, Triticum aestivum, it is sold as a juice or powder concentrate, also in capsule and tablet form. Wheatgrass contains no wheat gluten. Wheat grass is highly alkaline. So easy to include and use with in our daily diet.

The benefits of wheatgrass

Anti inflammatory, renews blood, builds blood, improves liver function, produces vitamin A, stimulates metabolism, can eliminate bacterial growth, deodorizes the body, increases energy, increases red blood cell count, and aids in weight loss.

Vitamins

Wheatgrass contains high amounts of vitamins A, E and B. It also contains many minerals and trace elements: Calcium, Phosphorus, Sodium, Potassium, Magnesium, Iron and Zinc.

Amino Acids

Wheatgrass also contains twelve amino acids including the eight essential amino acids: phenylalanine, valine, threonine, tryptophan, isoleucine, methionine, leucine, and lysine. Essential amino acids are those that the body cannot create, they must be obtained through one's diet.

Predigested Food

Wheatgrass juice is considered a predigested food. It does not require enzymes for breaking down proteins. Wheatgrass juice contains both amino acids and glucose therefore it is readily assimilated in the body.

Chlorophyll

Wheatgrass juice is rich in Chlorophyll. Chlorophyll has a molecular structure almost identical to the hemoglobin molecule of human blood. Chlorophyll in the wheatgrass juice helps the blood carry Oxygen to all the cells.

Chlorophyll cleanses the liver, tissues and cells and purifies the blood. Wheatgrass juice helps remove toxic heavy metals such as lead, mercury, aluminum, that have become stored in the tissues of the body. Wheatgrass juice aids in detoxification by breaking up impacted matter in the colon. It also helps fight infection therefore aiding the body’s natural self healing process.

<table>
<thead>
<tr>
<th>Amino Acids</th>
<th>Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tryptophan, Glutamic Acid, Alanine, Methionine, Arginine, Lysine, Aspartic Acid, Cystine, Glycine, Histidine, Isoleucine, Leucine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Valine.</td>
<td>Vitamin C, vit E (succinate), Beta-Carotene (Vit. A), Biotin, Choline, Folic Acid, B1-Thiamine, B2-Riboflavin, B3-Niacin, B6-Pantothenic Acid, Vit. K</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Enzymes</th>
<th>Minerals and Trace Minerals</th>
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<tr>
<th>Fatty Acids(Essential)</th>
<th>Healing Cleanser</th>
</tr>
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<tbody>
<tr>
<td>Linolenic Acid, Linoleic Acid.</td>
<td>Handful of parsley</td>
</tr>
</tbody>
</table>

Avocado Pesto Pasta

1 lb. pasta of choice
1 cup basil leaves
½ cup raw cashews/ pinents
2 Tbsp. fresh lemon juice
1 clove fresh garlic, minced
½ cup olive oil
1/3 cup Wheat Grass powder
Sea salt & ground pepper
Fresh Parmesan optional
2 ripe avocados, pitted

In a large pot, bring water to a boil; add pasta and cook according to package directions.
Blend all other remaining ingredients in a food processor, till combine,
Drain pasta and remove from heat. Transfer pasta to a serving bowl, gently toss with avocado mixture, top with fresh herbs, parmesan.

Wheat grain for sprouting, wheat grass powder, capsules & tablets are available at Go Vita stores.