

FOODS THAT ARE HIGH IN MAGNESIUM

Foods that are high in magnesium, high in fibre and full of antioxidants can help with having healthy blood pressure levels.

This hearty bowl of oatmeal is packed with these types of foods! Plus it's boosted with Ideal Lean protein, so you'll stay fuller longer and keep your cravings away.



Oats

Oats are packed with fibre. Fibre has long been praised for its heart-protecting benefits. One study found that those who ate oatmeal were twice as likely to either be able to eliminate their blood pressure medication or cut it in half.



Berries

Berries are loaded with antioxidants as well as a unique plant compound called anthocyanins. Anthocyanins open blood vessels so there is less pressure within your veins and arteries. A recent study done in 2011 found that women who consumed 1 cup of berries a week lowered their high blood pressure risk by 8%.



Flaxseed

Flaxseeds are an excellent source of omega 3 fatty acids which has been shown to lower blood pressure. A study published in the Natural Medicine Journal found that flax displayed, “the largest decrease in BP ever shown by any dietary intervention.”



Cashews

This tasty little nut is full of **magnesium**, a mineral important for having healthy blood pressure levels. Not getting enough magnesium (68% of the population is deficient) is strongly associated with high blood pressure. Cashews provide the perfect amount of magnesium.

HEARTY NUTS AND BERRY OATMEAL



INGREDIENTS

- 1/3 c rolled oats
 - 2/3 c water
 - 1/2 scoop French Vanilla Ideal Lean protein
 - 1/2 cup frozen mixed berries
- 1 tbsp. cashews

INSTRUCTIONS

1. Combine oats and water in a saucepan.
2. Heat oats until they are soft and cooked. Remove from heat and stir in the flax and protein is incorporated.
3. Microwave the berries for about 30 seconds to slightly warm and soften them.
4. Top the protein oatmeal with berries and cashews. Enjoy!

Skip the sugary cereal and opt for this delicious and healing bowl of warm oats. You'll be happy you did!

Nutrition Facts

- Serving size: 1 bowl
- Calories: 297
- Carbs: 33
- Fiber: 9
- Protein: 19
- Fat: 11
- Sugar: 6