

Beat the lockdown blues with some greens

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And reds and yellows and all the other colours of the rainbow found in nutrient-rich veggies and fruit, too, of course! Last year, researchers from the University of Leeds* in the UK found that consuming more fruit and vegetables improves your mental wellbeing. Their findings indicate that eating just one extra portion of fruits and vegetables a day could have an equivalent effect on mental well-being to about eight extra days of walking a month for at least 10 minutes at a time.



Left to right: NutriBullet Pro 1000, NutriBullet Blender Combo

One of the authors of the study, Dr Neel Ocean, said that while further work is needed to demonstrate cause and effect, “the results are clear: people who do eat more fruit and vegetables report a higher level of mental wellbeing and life satisfaction than those who eat less.”

The trick, as most of us know, is getting in your full five a day, every day. Enter NutriBullet. For the past eight years, NutriBullet has been turning the nutrition industry on its head by delivering high-quality blenders to extract maximum nutritional value from your fruit and veggies at home, turning ordinary food into superfood. Now they have added two more products to their range – the Pro 1000 and the Blender Combo – which means everyone can find a NutriBullet to suit their lifestyle (and budget) – just push, twist and blend!

The **NutriBullet Pro 1000** (RSP R3,199) is a compact powerhouse blender with ergonomically redesigned blades and cups, and a powerful 1000-watt motor. Creating silky-smooth superfood smoothies has never been easier — the 1000 watts of power in this compact blender turns anything from strawberries and spinach to nuts into smooth, sippable nutrition. Along with smoothies, the NutriBullet also makes delicious blended soups, dressings, desserts, all-natural ice creams, nut butter, dips and more (you get a recipe book with your NutriBullet to kickstart your superfood journey).

Take your nutrition extraction to the next level with the power, precision and versatility of the **NutriBullet Blender Combo** (RSP R3,999). Equipped with multiple speeds to choose from so that you have full control, the Blender Combo also has a pulse function so your options for delicious meals are endless. The Blender Combo comes with a 1.6-litre pitcher so you can effortlessly switch between single or multiple servings, whatever you need on any given day. The Blender Combo can handle hot liquids, so put creamy, nutritious soups on your menu!

All NutriBullet pitchers and cups are made from super-durable, high-performance, BPA free plastic. And they're super easy to clean: simply twist off the blades, rinse with soap and water, and put the cups on the top rack of the dishwasher.

Get your five a day the easy, NutriBullet way!

www.nutribullet.co.za

[*Source](#)

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