



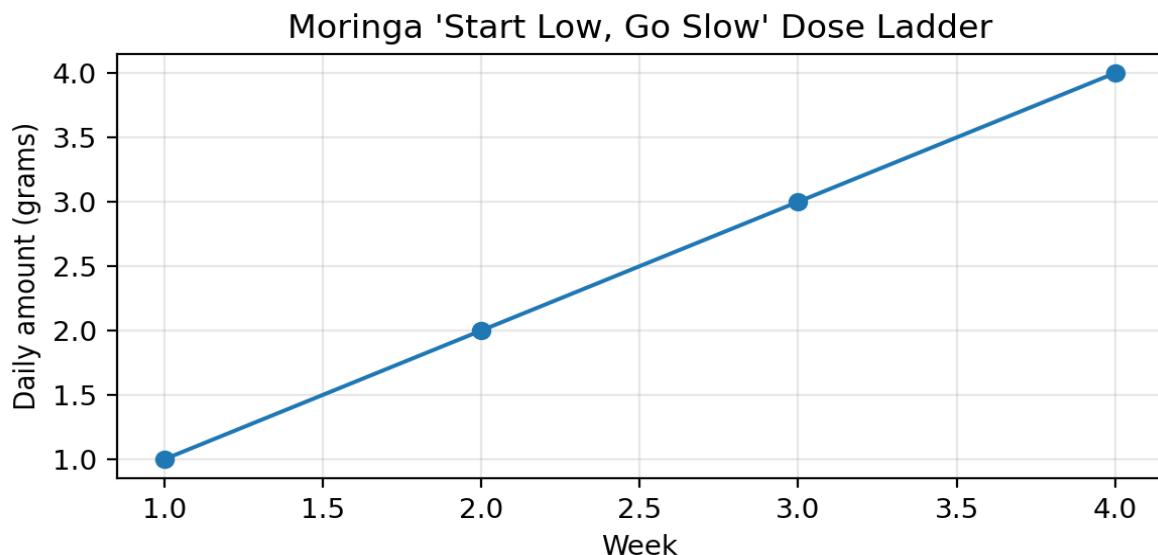
Moringa Consumption Guide + Simple Recipes

NutriThrive — Daily use guide (powder) + recipes you can actually follow.

What is moringa?

Moringa (*Moringa oleifera*) is a nutrient-dense plant traditionally used in food. Most people use **moringa leaf powder** by mixing it into drinks or meals.

Key idea: Consistency beats intensity.



How much moringa should you take?

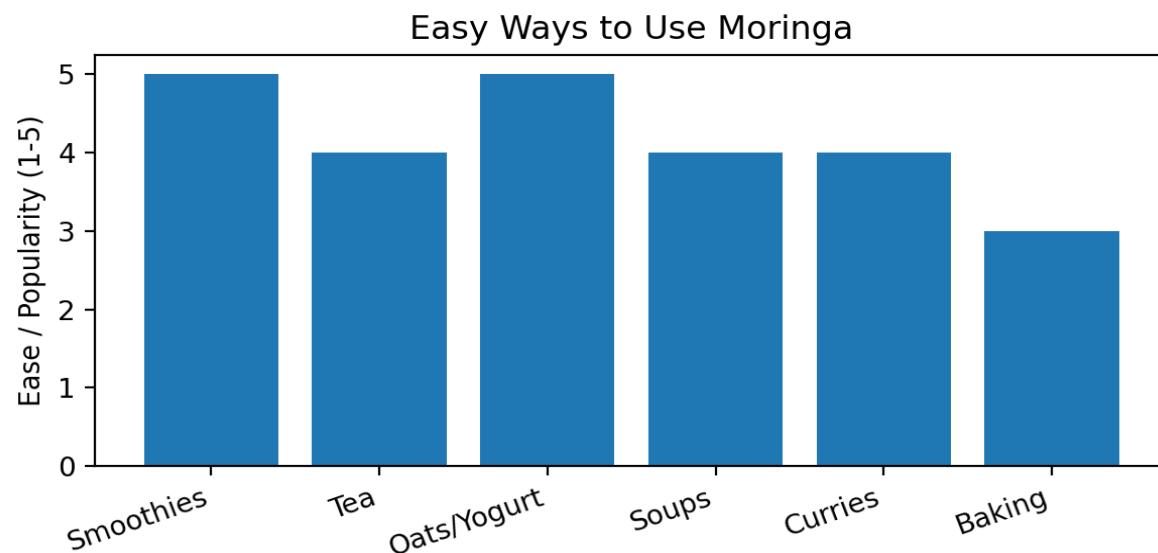
Stage	Daily amount	What it looks like	Notes
Week 1	1 g / day	¼ tsp	Great starting point if you're new
Week 2	2 g / day	½ tsp	Most people tolerate this easily
Week 3	3 g / day	¾ tsp	Increase only if digestion is fine
Week 4+	4–5 g / day	1 tsp	Common long-term daily range

Best time to take moringa

Morning (with breakfast) is easiest for habit-building. If you feel it's too energising, use it **midday** instead.

How to consume (the golden rules)

Mix well: Moringa powder can clump—use a whisk, shaker bottle, or blender. **Avoid boiling:** Add after cooking or to warm foods for best taste. **Start low:** Increase gradually (digestive comfort first). **Pair with vitamin C:** Like lemon, orange, kiwi—great in smoothies. **Hydrate:** Drink enough water through the day.





Recipes (Quick + Beginner Friendly)

All recipes below use **moringa powder**. Scale up once you like the flavour.

1) Moringa Banana Smoothie (No bitter taste)

Time: 3–5 min | **Serves:** 1

Ingredients

1 frozen banana
1 cup milk (or almond/oat milk)
½ tsp moringa powder (start here)
1 tsp honey or maple syrup (optional)
½ tsp cinnamon (optional)

Steps

Add everything to a blender. Blend until smooth. Taste → increase to 1 tsp if you want stronger flavour/benefits.

Tip: Banana + cinnamon hides the 'green' flavour best.

2) Lemon Moringa Morning Tonic

Time: 2 min | **Serves:** 1

Ingredients

250 ml warm water (not boiling)
½ tsp moringa powder
Juice of ½ lemon
1 tsp honey (optional)

Steps

Whisk moringa into warm water. Add lemon + honey, stir and drink.

Tip: Use a whisk/shaker bottle to prevent clumps.

3) Moringa Yogurt Bowl

Time: 2 min | **Serves:** 1

Ingredients

1 cup Greek yogurt (or coconut yogurt)
½ tsp moringa powder
1 tbsp chia or flax seeds
Fruit + nuts for topping

Steps

Mix moringa into yogurt. Top with seeds, fruit and nuts.

Tip: One of the easiest daily-use options — no blender required.

4) Moringa Oats (Overnight or Warm)

Time: 5 min prep | **Serves:** 1

Ingredients

½ cup oats **1 cup milk (any kind)** **½ tsp moringa powder** **1 tsp honey/maple** **Optional: cocoa powder, cinnamon, berries**

Steps

Cook oats or prepare overnight oats. When warm (not boiling), stir in moringa. Sweeten and top.

Tip: Add moringa after cooking for best taste.

5) Moringa Lentil Soup Booster

Time: 0 min extra | **Serves:** 2–4

Ingredients

Any soup (lentil/chicken/veg) **½–1 tsp moringa per bowl**

Steps

Serve soup in a bowl. Stir moringa into the bowl (not the boiling pot).

Tip: Stealth method — easiest for people who don't like the taste.

6) Moringa Curry (Finishing Sprinkle)

Time: 0 min extra | **Serves:** 2–4

Ingredients

Any curry (veg/chicken) **½ tsp moringa per serving**

Steps

Turn off heat. Sprinkle moringa on serving and mix in.

Tip: Avoid cooking moringa aggressively — can become bitter.



Frequently Asked Questions

Q: Can I take moringa every day?

Yes — most people use it daily as a food ingredient. Start with a small amount and increase gradually.

Q: Why does moringa taste bitter sometimes?

High doses, plain water, and heat can make it bitter. Use smoothies/yogurt/oats to mask flavour.

Q: Any people who should be careful?

If you are pregnant, breastfeeding, taking medications, or managing a medical condition, consult a healthcare professional before regular use.

Mini Checklist (Print-Friendly)

- Start with $\frac{1}{4}$ tsp daily
- Use smoothies/yogurt/oats to hide taste
- Increase slowly over weeks
- Add after cooking (avoid boiling)
- Make it a habit (same time daily)

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