



MAGAZINE

CELEBRATING FEMALE SUCCESS



SUPER SPROUT

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Melinda Richards is the founder and CEO of [Super Sprout](#), a business which sells 100 per cent pure fruit and vegetable powders. The entrepreneur is also a Gold Coast mum who has recently made her mark in the [Masters Games](#). Melinda is an inspiration, juggling mum-life, her own business and many other passions within the health and fitness field.

Melinda has been passionate about health and nutrition from a young age as her mother educated her on the importance of nourishing food and building a strong, healthy body. Her father was also influential, giving her the idea for Super Sprout. "The idea originally came from my father discovering that feeding thoroughbred race horses by home grown wheat grass sprouts improved their performance," said Melinda. "He reasoned that if horses are going to get this extraordinary benefit, why not humans?"

"Super Sprout is a 100 per cent Australian owned and operated business, produce pure, all natural, allergen free, additive free fruit and vegetable powders. The powders are a quick and easy way to get in our daily nutrients and can be used in so many ways. Whether you add it to smoothies, sprinkle it on your eggs, wraps or sandwiches – the options are honestly endless to turn any food into superfoods. They also have a great shelf life and will stay fresh in your cupboard for up to eight weeks, much longer than fresh fruits and veggies."

Melinda uses Super Sprout products herself, with her favourite recipe being her own concoction: "rice, hot chilli sauce, walnuts, cherry tomatoes, pine nuts, organic raisins, parmesan cheese and a tablespoon of broccoli sprout powder- all mixed together in a bowl." Balancing her time between her work, friends, family and exercise is Melinda's greatest challenge, but she tries to not stress about anything that is out of her control. "I try to live well and that means in all aspects of life."

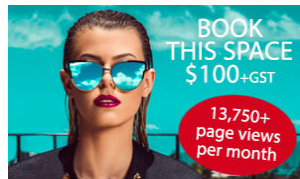
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Words by Sally Roberts

Images via Super Sprout

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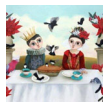
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