



BITE-SIZED RECIPE

AVOCADO OIL PESTO

75ml Olivado Extra Virgin Avocado Oil * 100g of fresh spinach * 35g fresh basil leaves * 35g of grated vegetarian Parmesan-style cheese * 40g pine nuts * 1 clove of garlic

Simply mix all the ingredients in a blender until smooth.
olivado.com

FIGHT ACNE

If acne is proving a problem it might be time to start treating your skin naturally from within. HRI Clear Complexion is a traditional herbal medicinal product aimed to help treat spots, acne, pimples and eczema. Containing natural active herbal extracts of blue flag and burdock root, the gentle complementary medicine is available from Holland & Barrett, Tesco, Asda and leading Boots stores.
hriherbalmedicine.co.uk



TAKE THE CHOP

A chef's greatest tool in the kitchen is a great knife and eating healthy, home-cooked food with fresh vegetables is a cinch with the new Kitchen Surfer 4 from Wusthof (£39.95 inthehaus.co.uk). A combination of a small cook's knife and a small santoku, it's the perfect multi-purpose blade to add to your collection, gliding through raw veggies with ease.



Ask Our Experts

Have a question? Email yasmin.godfrey@aceville.co.uk

Q: WHAT ARE THE BEST VEGGIES TO HELP GET HEALTHY IN JANUARY?

Aim for seven portions per day, eating a rainbow of colours. With fewer leafy greens available, hardier crucifers like kale, Brussels sprouts and cabbage should take centre stage. Add them in the final moments to stews, enjoy kale chips as a healthy snack, or try your hand at making sauerkraut from cabbage. Roots like parsnips, beetroot, celeriac and Jerusalem artichokes make wonderful creamy soups. Try adding some extra warmth to your soups with anti-inflammatory spices such as cumin, ground coriander or blends like garam masala. Finally, with British fruit thin on the ground, perhaps a soup or salad garnish of antioxidant-rich pomegranate seeds is just the spark you need.

YOUR EXPERT: Ceri Jones, lecturer on the Natural Chef Diploma Course at CNM (College of Naturopathic Medicine) naturopathy-uk.com



Q: WHAT INGREDIENTS SHOULD I EAT TO HELP WITH MY DIET DURING PREGNANCY?

Eating a healthy veggie diet during pregnancy gives a baby a wonderful start in life. I've been veggie all my life, so all my three daughters were 'vegetarian babies' and they have produced bright, strong, healthy veggie babies – my seven grandchildren! A healthy veggie diet, including dark green vegetables such as broccoli, kale, and salad greens; beans and lentils, including soya milk and tofu, if you like it, along with whole grains such as brown rice, wholemeal bread, and oranges and other fruit, and some nuts and seeds, will provide you with excellent nutrients. Use olive oil or cold-pressed rapeseed oil for cooking, and include some good quality DHA supplement made from algae – I take these all the time, in place of the fish

oil. Eat these clean, natural foods, trust nature, and be happy – you'll have a beautiful baby!

YOUR EXPERT: Rose Elliot MBE, vegetarian cookery writer and author, roseelliot.com

