



# THE JUICE

Serving up fresh news, hot trends and tasty tips to keep you informed and inspired

## Foods to fight fatigue

Lose your get-up-and-go a little sooner than you'd like every day? Keeping your blood sugar levels stable is key to maintaining your energy, advises holistic nutritional therapist Elizabeth Montgomery. Power past the afternoon slump with her energising tips (right).

### LUNCH ON *Quinoa*

Or wholegrain pasta, sweet potatoes or pulses. They're low on the glycemic index and won't cause the energy crash you get with simple carbs like white pasta and bread.

### AVOID *Fruit juice*

Stripped of its fibre, the fruit's sugar enters your bloodstream very quickly, sending your blood sugar and insulin levels temporarily soaring, ending in a sugar dip. Instead, opt for berries low in sugar, such as blueberries.

### SIP *Green tea*

Or other herbal varieties. Higher-caffeine drinks like black tea and coffee are instantly energising, but are followed by a blood sugar dip.

**Turn to page 19, for herbal tea ideas.**



### TEATIME TAKEOVER

## Valentine's Day treat

#### SCRAP IT

Chocolate mousse topped with whipped cream, sprinkled with grated chocolate

#### SERVE IT

Chocolate and avocado mousse

In a small food processor, whizz the flesh from **1 ripe avocado** with **½ banana**, **2 tbsp maple syrup** and **25g cocoa powder** until smooth. Divide between 2 small ramekins and chill until ready to serve.



## THE BEST RESOLUTION APPROVED COOKBOOKS

Out now!



### DELICIOUSLY ELLA EVERY DAY

by Ella Woodward (£20, Yellow Kite)  
Ella's on a mission to make a healthy lifestyle accessible to everyone and, with dishes such as Mushroom Risotto with Basil Cream, and Fizzy Chocolate Truffles, we feel sure she'll succeed!



### THE MEDICINAL CHEF: THE POWER OF THREE

by Dale Pinnock (£20, Quadrille)  
Dale writes about the components of a healthy diet, using three nutritional secrets – blood sugar, fatty acid balance and nutrient density – that underpin his recipes.



### COOK. NOURISH. GLOW.

by Amelia Freer (£20, Michael Joseph)  
With 120 nutritious recipes, including Sweet Potato Cakes with Grilled Tiger Prawns and Saffron Sauce and Fig and Raspberry Panna Cotta, it will be easy to clean up your diet in 2016.

# The food feed

Natasha Corrett of Honestly Healthy shares the news from [instagram.com/honestlyhealthy](https://www.instagram.com/honestlyhealthy)



'Superboost latte! My new take on a matcha latte with our Honestly Healthy Alkaline Superboost Powder'



'Chickpea coconut curry with 10-minute flat breads - the easiest recipe you will make'



'This energy-boosting porridge is so warming and yummy. Perfect for a chilly day'



## What's all the fuss about?

### FERMENTING

WHEN VEGETABLES ARE LEFT IN THEIR OWN JUICE, OR IN WATER, TO SOAK, THEY GROW BACTERIA, WHICH FEED ON THE VEGGIE SUGARS TO PRODUCE LACTIC ACID. THE LACTIC ACID GIVES THE FOOD A SOUR TASTE, WHILE THE LIVE BACTERIA IN FERMENTED FOODS RESTORES THE BACTERIA BALANCE IN OUR DIGESTIVE TRACTS.

### Win!

A month's supply of CRU Kafe organic coffee\*. To enter, head to The Eat Healthy Club members' area at [eathealthymagazine.co.uk](https://www.eathealthymagazine.co.uk).



## FOODIE TO FOLLOW

Victoria Young has colitis and her blog, *How To Eat (When You Can't Eat Anything At All)*, has recipes that support her restricted diet

SECRET WEAPON? My beloved KitchenAid, which I use pretty much every day to make haric-umms (like houmous but with haricot beans, because I can't eat chickpeas).

GO-TO DINNER PARTY DISH?

It has to be coconut fish curry with spiced cabbage, roasted cumin aubergines and coriander yogurt.

GUILTY PLEASURE? Mayonnaise.

Lashings of. With pretty much most things!

HARSHEST CRITIC?

My five-year-old son, who treats all vegetables with deep suspicion and lies on the floor in outraged protest if I so much as suggest he eat some spinach.

BIGGEST FAN?

Despite my very restricted diet, the love of food my husband and I share has reigned supreme.

[howtoeat.co.uk](https://www.howtoeat.co.uk)



**DINNER DATE**  
Chorizo, red pepper and posh bean stew



**QUICK SNACK**  
Courgette fritters with cucumber and mint yogurt

## IN A NUTSHELL

A recent study in BMJ Open Diabetes Research & Care showed that eating walnuts daily can lead to lower cholesterol in those at high risk of diabetes. Try sprinkling some on your lunchtime salad.



\*FOR FULL TERMS AND CONDITIONS, VISIT [EATHEALTHYMAGAZINE.CO.UK](https://www.eathealthymagazine.co.uk) WORDS ALICE WILKINSON PHOTOGRAPHY GETTY IMAGES; ISTOCKPHOTO, STOCKFOOD

Cook it! Share it! Eat it!

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