

# 70% of Brits in Generation Y say social media influences their dinner choices

Statistics obtained from SWNS digital

## SNACKING SENSATION

The millennial obsession with hummus is something that can't be ignored – it has become a staple of al fresco and al desko lunches, and this is only set to continue as the weather gets warmer.

Now, a new hummus is on the market with a higher protein content to help veggies easily up their intake. It's made with peas, chickpeas, garlic and an all-natural, plant-based pea protein. It has 50% more protein than the standard version, at 15g per pot, and is high in fibre and vitamin C.

Pick up a pot to try it yourself!

£1.89, [ocado.com](http://ocado.com)



*One in four Brits is currently on a waiting list for a medical appointment*

Statistics obtained from SWNS digital

## BREAKFAST GOALS

Breakfast, or brunch in particular, has never been more popular. Our weekend social media feeds are littered with stacks of pancakes, fancy yoghurt pots layered with granola and berries, and of course, the star of the show – avocado on toast. But is a rich breakfast the best thing for us? Experts at the University of Athens say yes, after a study of 2,000 people showed that those that ate a high-energy breakfast containing at least 400 calories had healthier arteries, and therefore a lower risk of heart disease. Although specifics weren't included in the study, those that had high-energy breakfasts generally mentioned that they enjoyed cheese, dairy, cereal or bread as part of their meals. So, not the nutrient-dense alternatives you may have expected! Find some tasty fuelling breakfast and brunch ideas at [vegetarianrecipesmag.com](http://vegetarianrecipesmag.com).



## Healthy Choices

For those of you that would like to try an alternative to cows' milk, then switching to a goats' milk such as St Helen's Farm Goats' Milk might be the answer. It's nutritionally the closest alternative to cow's milk, but it has other benefits which set it apart. These are believed to include: helping to reduce eczema, asthma, constipation, and digestive discomfort. This may be due to the different proteins and fats it contains, as well as the good gut bacteria inside.

It's a great idea to give it a go if you want to boost your gut health! £1.65, [sthelensfarm.co.uk](http://sthelensfarm.co.uk)



## Ask Our Experts

Have a question?  
Email [paisley.tedder@aceville.co.uk](mailto:paisley.tedder@aceville.co.uk)



**Q:** "I'm looking to find ways to get more citrus into my diet. Do you have any ideas?"

Citrus is such a refreshing and uplifting flavour, and there are many interesting things you can do with citrus fruits for every meal.

For breakfast, there's nothing nicer than a glass of freshly-squeezed orange juice. I have this for my own breakfast, and sometimes over grated carrot or raw beetroot in a salad. I love preparing oranges or grapefruits by cutting off all the peel and pith, before slicing the fruit into circles. Try them with sliced orange segments, maple syrup and toasted flaked almonds as a dessert. Orange segments are wonderful with fragrant ripe strawberries, or you could cut off the peel and pith, and then liquify the flesh to make a smoothie.

Your expert: Rose Elliot MBE, vegetarian cookery writer and author, [roseelliot.com](http://roseelliot.com)



**Q:** "As a vegetarian, how can I keep my iron levels up?"

There are two forms of dietary iron; heme found only in animal products and non-heme found in many plant-based sources. Your body absorbs the most iron from heme sources, so in order to consume enough iron as a vegetarian, not only should you include enough plant-based, iron-rich food sources in your diet, but you should also add in other foods that help optimise iron absorption. Good sources of iron include: chickpeas, sesame seeds, cashew nuts and wheat germ.

Vitamin C helps to improve the absorption of iron from food, so create salads which are rich in this by using dark, leafy greens like kale, broccoli and spinach. Season these with fresh lemon juice and enjoy them with meals made with iron-rich legumes such as black beans, green peas and chickpeas.

Your expert: Nutritionist Eva Killeen directs the Natural Chef courses at CNM (College of Naturopathic Medicine) [naturopathy-uk.com](http://naturopathy-uk.com)

# TIME FOR A CHANGE?

Become a CNM Natural Chef or Vegan Natural Chef by training with the College of Naturopathic Medicine



**H**ave you ever hankered after the dream of becoming a chef? Well, now you can give it a go by enrolling in the CNM's Natural Chef and Vegan Natural Chef part-time course! It covers everything you need to know in order to become a successful chef, allowing you to embark upon a brand new career. You could explore becoming a cookery instructor or chef in a restaurant or spa, a product developer and consultant, a food and recipe writer, or develop your own food-based business. The world is yours!

As you would expect from CNM, a college renowned for its food-based approach to health, the emphasis of this unique course is on the therapeutic and nutritional value of food. You'll be taught how to prepare delicious gourmet meals to a professional level using whole, organic, fresh, seasonal, and minimally-processed ingredients that nourish and repair. You'll learn about therapeutic menu-planning, and how

tailored meals enhance health; plus, you'll become skilled at shopping, preparing, cooking, combining, preserving and storing foods to get the maximum level of nutrients in your diet. Presentation and photography are also covered, along with the essentials of recipe writing, culinary maths, scaling and costing, food safety and hygiene, allergen awareness – and a lot more.

This part-time course is available in London and Dublin, and can usually be completed over 10-12 months. If it sounds like the perfect next step for you, get in touch today!

Recipes and photos of recipes:  
Elle Fox, Naturopath, CNM Graduate.  
CNM trains students for successful careers in natural therapies in class and online.  
[naturopathy-uk.com](http://naturopathy-uk.com)



## Basic Water Kefir

- ¼ cup fresh water kefir grains (tibicos)\*
- ¼ cup raw cane sugar
- 1 litre filtered room-temperature water\*\*
- 1 tbsp of unsulphured, washed raisins (optional)
- 50ml hot water
- 2 x 1.5 litre sturdy fermentation jars
- a teacup
- a wooden or plastic spoon
- a plastic, fine-mesh sieve

- 1 In a teacup, dissolve the sugar in 50ml of hot water. Allow this to cool to room temperature.
- 2 In one 1.5 litre glass jar, add the cooled sugary water, the rest of the water, raisins if using, and water kefir grains; make sure the water is room-temperature before you add the grains.
- 3 Cap the jar tightly and leave overnight to ferment. Watch out for gas build-up in the jar; it can be potent enough to blow the lid off, so 'burp' the jar every so often. Depending on the room temperature, your water kefir could be ready within

- 24-48 hours. After 48 hours, strain the water kefir grains through the sieve, pouring the liquid into another 1.5 litre jar\*\*\*.
- 4 Restart the process by dissolving more sugar in water, adding cool water, and adding the same kefir grains (to make another batch of 'first fermentation' water kefir).
- 5 To make the water kefir fizzy (or fizzier), you can do a 'second fermentation' by adding 60ml of fruit juice such as grape, pomegranate, apple, or cherry into the water kefir you just strained – or you can make the Flower Petal Fizz online. †

### NOTES:

(\* Water kefir grains are also called tibicos. They look like fat, blond sugar crystals: very different to milk kefir grains. You can purchase these online.  
(\*\*) Kefir grains perish in chlorinated water. Make sure your water is filtered, or has been boiled before cooling.  
(\*\*\*) The longer you let your kefir ferment, the tarter it gets. So, if you're limiting sugars, ferment for the full 48 hours. Any longer and the grains will starve (they need sugar to live!).



† CNM recommends using organic ingredients. For a Flower Fizz kefir recipe, go online at [naturopathy-uk.com](http://naturopathy-uk.com).