



BITE-SIZED RECIPE

RAW ASIAN COLESLAW

SERVES 4
READY IN: 10 MINS

* A handful of raw Tenderstem®, very finely sliced lengthways or at an angle * ½ or whole kolrabi depending on size, thinly sliced * 1 fennel bulb, thinly sliced * 4 spring onions, finely sliced * 1 large carrot or 2 small carrots, peeled thinly lengthways * a handful of chopped fresh coriander *

FOR THE ASIAN DRESSING:

* 3 tbsp of plain yoghurt * 2 tbsp of sesame oil * 1 tbsp of soy sauce * 2 tbsp of white wine vinegar * 1 garlic clove, finely grated a handful of toasted sesame seeds, black or white *

- 1 Place all the thinly sliced vegetables in a mixing bowl.
- 2 Add together all of the dressing ingredients in a small mixing bowl and mix thoroughly.
- 3 Toss the vegetables in the dressing mixture and finish with a sprinkle of the toasted sesame seeds.

Recipe courtesy of tenderstem.co.uk

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SMOOTH

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Ask Our Experts

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

Q: I WANT TO REDUCE MY SUGAR INTAKE -HELP!

Step 1: Get rid of sugary beverages; no sugar in tea or coffee, no fizzy drink or flavoured milks. No artificial sweeteners. Replace sugared drinks with still water, and herbal teas, with a slice of fruit or a sprinkling of cinnamon if needed.

Step 2: Swap sugared snacks for protein-rich alternatives such as boiled eggs, hummus and crudites or raw nuts and seeds. Protein stabilises blood-sugar, making sugar cravings less likely.

Step 3: For main meals choose filling, slow release carbohydrates such as legumes, quinoa and green leafy vegetables, with good-quality protein. Organic is best. Fresh herbs give flavour, support detoxification and retrain your taste buds. By eating moderate amounts of fresh, seasonal fruit, you can benefit not only from their energy giving sugars, but their important fibre, vitamins and minerals entirely lacking in commercial 'pure' sugar which simply adds empty calories to your diet.



YOUR EXPERT: Naturopath Gemma Hurditch lectures at CNM (College of Naturopathic Medicine) naturopathy-uk.com

Q: HOW CAN I STAY MORE HYDRATED THROUGHOUT THE SUMMER MONTHS?

One of the nicest teas for the summer (any time of year for that matter) is real mint tea, and it's so easy to make. You just cram lovely green sprigs of fresh mint into a jug or tea pot (a glass one is nice), pour on boiling water, leave for a few minutes, then strain into a mug – again, I think a glass really shows off the beautiful colour. You can drink it hot, warm, or cold, and you can add a touch of honey if you like. For variety, you can do the same thing with other fresh herbs – sage is credited with many healing qualities – and rosemary is nice, too. Have a try and find your favourites.

Then there's fresh ginger – use a tea pot, or just put thin slices (no need to peel) into a mug, top with boiling water, and wait for a few minutes for it to infuse, then enjoy. Or, why not try real fruit waters? Simply put some sliced or lightly crushed fruit such as strawberries, raspberries, or peaches into a jug with some slices of orange, lemon, or lime add cold water, and leave for five minutes for the flavours to develop.



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