

3 OF THE BEST



CALM

If your skin is red and sore after a day in the sun or you're just feeling a bit hot and bothered, Living Nature's Manuka Honey Mask is just the thing to reinstate tranquility. £28.50, botanicalbrands.com



NOURISH

Hydrate your hands after a day at the beach with this new oil-free hand cream from Korres. Soothing yoghurt is combined with calendula, and aloe vera to leave your skin feeling super-smooth. £9, feelunique.com



CLEANSE

Still using toxin-covered supermarket cotton pads? Organyc's are made with pure 100% organic cotton, are not chlorine-bleached and contain no synthetics. £2.49, organyc.co.uk

BITE-SIZED RECIPE

Sweet Potato Waffles with Avocado & Rocket

Serves 2
Ready in: 20 mins

- * 200g cooked sweet potatoes
- * 150g gluten-free flour
- * 2 tsp baking powder
- * pinch salt
- * 2 tsp cumin
- * 4 tbsp Gram flour mixed with 4 tbsp water
- * 350ml almond drink
- * 2 tbsp coconut oil
- * 4 tsp nigella seeds
- * 1 avocado
- * 1 lime
- * 2 handful of rocket*

- 1 Peel and mash the cold sweet potato until smooth. Sift the flour, cumin, salt and baking powder into a mixing bowl.
- 2 Whisk together the gram flour and almond drink. Gradually whisk the wet ingredients into the dry until you have a smooth batter.

- 3 Grease a waffle iron liberally with coconut oil, sprinkle in a little of the nigella seeds and heat until hot. Cook the batter in batches until all the batter is used up, keeping the waffles warm as you go.

- 4 Peel and slice the avocado, top the waffles with sliced avocado and rocket, serve with a couple of lime wedges on the side to squeeze over.

Recipe courtesy of myvega.co.uk



Ask Our Experts

Have a question? Email sophie.rae@aceville.co.uk

Q: WHAT ARE THE BEST FOODS TO EAT TO BOOST MY IMMUNE SYSTEM?



On top of your daily rainbow of veg and fruit, try: mushrooms – Shiitake mushrooms particularly – just a single mushroom per day (10g) notably improves immunity; Brazil nuts – selenium from just two Brazil nuts a day stimulates production of natural killer cells which fight viruses and bacteria.

When selenium is combined with vitamin E, as in Brazil nuts, our production of antibodies also increases. This means we can get over infection quicker and are less likely to succumb to it in future. Prebiotics and phytonutrients – daily green tea, berries and raw garlic boost healthy gut bacteria to support your immune system. Herbs – consumption of herbs is an immune system must; try turmeric, cinnamon, oregano and cloves. Herbs are high in antioxidants and other compounds to support our immune system against damage and to help us heal. Use a tea ball to create a tea, or add generously in cooking.

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

Q: WHAT ARE THE BENEFITS OF HERBS AND SPICES ON THE BODY? WHAT ARE YOUR FAVOURITE PAIRINGS IN VEGETARIAN COOKING?



I love herbs and spices! They make such a difference to food. One of my favourites is fresh basil, it's so lovely with any dish made with fresh or cooked tomatoes – try adding lots to a tomato salad, tearing it over cooked pizza or whizzing it with olive oil and garlic to make a quick homemade pesto and tossing with freshly cooked pasta. Basil has anti-inflammatory and antiviral properties and is being studied for anti-cancer properties, too. I also love fresh mint; pour boiling water into a teapot full of the sprigs for a wonderful drink that is both energising and calming. Mint is also wonderful snipped over boiled baby potatoes, peas, or broad beans or mixed with plain yoghurt to make a cooling sauce. Rosemary is helpful in reducing cholesterol and fighting memory loss and ageing; it makes a nice tea, or can be added to root vegetables and roasted in olive oil. Also, try making a mixture of basil, garlic, marjoram, thyme and rosemary; it can be sprinkled on many dishes as a general aid to recovery.

Your expert: Rose Elliott MBE, vegetarian cookery writer and author, roseelliot.com