

3 OF THE BEST



PROTECT

A 100% natural, gentle alternative to conventional hand cleaners and certified by the Soil Association using organic alcohol, derived from sugar beet, organic lavender and tea tree essential oils. Botanicals Organic Sanitiser, £5.95, botanicals.co.uk



HYDRATE

Are you still using plastic bottles at the gym? Make the switch to a BPA-free water bottle and do your bit to contribute towards a plastic-free planet. We love this Teakwood bottle from S'well, £35, thesportsedit.com



TONE

Clean Beauty Co. founders, Elsie and Dominika, have launched a new eco-luxe range called ByBi Beauty. We love this new Mega Mist Hyaluronic Acid Toner that keeps your skin plump and hydrated. £26, cleanbeautyco.com

BITE-SIZED RECIPE

Cheesy mushroom and herb omelette

Serves 1
Ready in 20 mins

* 15g butter * 125g chestnut mushrooms, sliced * 2 large free-range eggs * 25g cheese of choice, finely grated * 1 tbsp parsley, finely chopped *

- 1 Melt the butter in a medium frying pan over a high heat and add the mushrooms. Cook for 5-7 minutes or until soft and golden, then tip out onto a plate. Reduce the temperature to medium.
- 2 Whisk the eggs together in a small bowl with a pinch of salt and grinding of black pepper. Add most of the cheese. Whisk again.
- 3 Add the egg mixture to the pan and cook until set. Add the mushrooms to the omelette, sprinkle over the parsley and the remaining cheese. Then fold it over in half. Allow to cook for a further 30 seconds before serving.

eggrecipes.co.uk



Ask Our Experts

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

Q: "WITH THE DAYS AND NIGHTS STARTING TO GET DARKER, I'M LOOKING TO UP MY VIT D INTAKE - WHAT FOODS CAN I EAT MORE OF TO ENSURE THIS?"



"Eggs make a nourishing breakfast and a three-egg omelette will give you over half your daily requirement of vitamin D. Add mushrooms grown in sunlight which have enhanced levels of vitamin D (mentioned on the pack as a selling point), and some organic vegetarian feta cheese, and you're well on your way. Butter also contains vitamin D and other fat-soluble vitamins, so some organic butter or ghee can be great for cooking with or adding to bread with a hearty vegetable soup for lunch or dinner.

"Eggs and dairy are the main natural dietary sources of vitamin D for a vegetarian, but be sure to choose well. Some 'regular' eggs have their vitamin D content boosted (see the label) by the 'bio-addition' of vitamin D to the hens' diet. However, organic and free-range eggs naturally have about 30% more vitamin D than regular un-boosted eggs."

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

Q: WHAT HEALTHY VEGETARIAN DISH CAN I COOK TO IMPRESS THE CARNIVORE IN MY LIFE?



"Oh yes, we've all been there! But remember, veggie food is delicious in its own right, and second-to none as far as healthiness is concerned, so cook and serve it with confidence. Having said that, it's always satisfying when the meal you've made receives an enthusiastic response, especially from convinced meat eaters. In my experience, there are two keys to pleasing carnivores: tasty savoury flavour, and crisp and chewy texture. As long as you've got these, the food doesn't have to actually look like meat, though I find that dishes that resemble foods they are familiar with, such as lovely, flat crisp nut burgers (especially when served with a dark, tasty gravy and maybe chips), are usually well received. So are a lovely red bean chilli, paella, or a good tasty curry with rice, poppadums and mango chutney; and, if your partner has Mediterranean leanings, how about a big shallow casserole of red and yellow peppers, aubergines, courgettes, and purple onions, roasted then topped with thinly-sliced halloumi cheese and finished off in the oven for 10-15 minutes until browned and crispy. And talking of crispy, do try Dragonfly marinated tofu (from Holland & Barrett). Drain, slice thinly, fry on both sides. It's fab added to stir-fried veg; or put it on top of thick slices of cauliflower that you've roasted in the oven, and serve with fried baby mushrooms, wilted spinach and grilled tomatoes."

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