

3 OF THE BEST

HEAL



Stay in top health this autumn by adding a dash of honey to your diet. Manuka honey is brimming with antibacterial and antibiotic benefits. Try this 100+ Pure Manuka Honey, made using certified honey from beehives in remote and pristine areas of New Zealand, with full traceability from beehive to shelf. £19.99, manukahealthuk.com

SCRUB



Keep your skin soft and supple with Optiat's Lemongrass Lifter Coffee Scrub (£9.99, optiat.co.uk). The caffeine helps to stimulate blood flow, preventing cellulite and stretch marks, and the lime and coconut essential oils will leave your skin silky smooth. What's more, it's vegan, cruelty-free and completely natural – we love.

ANTI-AGING



Top up on your vit E for a stay-young complexion. But what makes it different from all the other vitamins? We're glad you asked! It's rich in antioxidants which combat skin damage and help skin heal itself. Try Janjira's Pomegranate & Acai Micellar Water (£18, janjira.co.uk) which contains acai fruit oil, mushroom extract and Japanese rose.

BITE-SIZED RECIPE

Chocolate Chia Pudding

- * 1 dessert spoon Udos Choice Ultimate Oil Blend
- * 480ml raw almond milk
- * 1 tbsp cacao powder
- * vanilla pod/paste * 2 tbsp chia seeds
- * 1 tsp cacao nibs * handful raspberries
- * 1 tsp edible rose petals
- * 1 tsp coconut flakes * 1 banana

1 Blend together the almond milk, Udos Choice Ultimate Oil Blend, cacao powder and vanilla. Put the chia seeds in a glass or bowl for serving. Cover with almond milk and mix well. Leave to set in the fridge for 8-10 hours with the occasional stir to make sure there are no congealed lumps of seeds. Once set, sprinkle cacao nibs, raspberries and rose petals.

2 Serve with a ripe, chopped banana, Manuka honey, coconut flakes and a final dusting of cacao powder.



Ask Our Experts

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

Q: MY SKIN HAS FELT DEHYDRATED, TIGHT AND FULL OF BLEMISHES LATELY – HOW CAN I GET A CLEARER COMPLEXION?



Bacteria thrive on sugar – so cut down on coffee, white flour products, alcohol and sugary foods, and eat more brightly coloured vegetables and raw nuts to reduce blemishes.

Dehydrated skin is a clue that you need more fluids. Keep hydration up by drinking a minimum of two litres of filtered water a day for more supple-looking skin. A squeeze of lemon or some sprigs of mint can keep it interesting.

Support a more hydrated and blemish-free complexion by enjoying a green smoothie every day. Blend 1/2 an avocado, 1/2 a frozen banana, 1/2 cup of baby spinach, 1/2 cup frozen blueberries, 1/2 teaspoon of matcha green tea powder, 2 Brazil nuts and a cup of oat milk, together with some ice. Rich in skin-loving nutrients, this mix should help get your complexion looking clearer. If you can, use organic ingredients, to reduce toxic residues.

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

Q: MY KIDS ARE BACK TO SCHOOL AFTER THE SUMMER BREAK, WHAT HEALTHY SNACKS CAN I PREPARE FOR THEIR LUNCHBOXES?



Children can be fussy eaters, as we all know, so you'll obviously need to be guided by their preferences – there's nothing worse than unpacking an untouched lunchbox when they return home – but there are lots of good things you can give them:

Sandwiches are still a safe bet, preferably made with organic brown or wholemeal bread; old favourites like egg (chopped hardboiled or scrambled) or cheese (perhaps with some sweet chutney) remain popular, or try hummus or peanut butter. Or vary things by making wraps instead, or stuff the filling into small pitta breads – try to include something fresh and salad-y if you can: chopped lettuce, cucumber fingers, cherry tomatoes or carrot (grated or cut into sticks). Give them a small pot of hummus with wholemeal pitta strips, mini rice cakes or bread sticks.

Include something sweet to round it all off; a cereal bar, piece of homemade fruit cake, dates stuffed with an almond or Brazil nut (as long as there isn't a 'no nuts' rule); dried fruit such as raisins, dates, apricots; date and nut bars or balls, or fresh fruit – make it easy to eat: easy-peel citrus, apple slices, small bananas, grapes, and a drink: I prefer to give them water (plain or flavoured) rather than fruit juice, because it's better for their teeth.

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