

3 OF THE BEST

SIP

Feel Good Drinks Apple and Rose is a delicious unsweetened, 100% natural still water without any added sugar. £1, feelgooddrinks.co.uk



SPOON

This hearty Spiced Lentil & Vegetables soup from BOL is a warming mix of protein-rich lentils and veg, blended with cardamom, sumac and curry leaves – delish! £2.75, bolfoods.com



SNACK

For your next pick-me-up, consider red dates, otherwise known as jujube fruit. It's packed with vitamins – check out Abakus Foods for their tasty bites. Jujube Fruit, £1.99, abakusfoods.com



BITE-SIZED RECIPE

Overnight Pear & Blueberry Oats

Serves 6
Ready in 10 mins
(plus overnight soaking)

- * 225g White's Speedicook Porridge Oats
- * 100ml apple juice
- * 3 ripe pears, red-skinned
- * 225ml low fat natural yoghurt
- * 2 tbsp agave nectar
- * 1 lemon, finely grated zest
- * 50g blueberries
- * 2 tbsp flaked almonds, toasted

- 1 In a large bowl mix together the oats, apple juice and 300ml cold water. Cover and chill overnight.
- 2 The next day, quarter, core and coarsely grate two of the pears and stir into the oat mixture with the yoghurt, agave nectar and lemon zest. Divide between four serving bowls.
- 3 Quarter, core and slice the remaining pear and arrange over the top of the oat mixture. Scatter over the blueberries and flaked almonds and drizzle with extra agave nectar if you like.

Recipe courtesy of whitesoats.co.uk



Ask Our Experts

Have a question? Email sian.bunney@aceville.co.uk

Q: "I'M TRYING TO CUT OUT PROCESSED SUGAR FROM MY DIET – HOW CAN I GET ON TOP OF MY CRAVINGS FOR SWEETNESS?"



I think most of us have been there! And because sugar is so addictive, the more we eat, the more we want. And this even applies to the sugar that we may consider 'healthy' because it's in fruit. However, the flip side is that the less sugar you eat, the less you want, and

gradually you get to the point where even a small amount really tastes too sweet, and the cravings simply stop. I know, because I experienced this for myself. I was never a big fan of foods such as cakes, biscuits, or sweets themselves, but I did absolutely love sweet fruit, particularly mango. Recently, I decided to cut right down on the amount of fruit that I eat and the surprising thing is I've completely lost my taste for anything sweet! I just don't crave or want it now, and it's happened over a relatively short period of time.

I did this by eating plenty of crunchy carrot sticks, celery, cucumber, cauliflower, and radishes; perhaps with a dip such as hummus. I've also found that eating nuts plain, or sometimes salted, helps to break the sugar addiction. You could go even further and start the day with a glass of hot water with a slice of lemon in it – this helps to get your taste buds used to sharper flavours; and if you have a juicer, you might also try green juice, which really helps.

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

Q: "CAN I MAKE ANY CHANGES TO MY DIET THAT WILL HELP REDUCE MY INSOMNIA?"



Whilst underlying issues must be addressed, such as a stressful or 24-hour 'switched on' environment, making careful choices in your diet may help you to reach a more relaxed state and achieve a better night's sleep.

Slumber-supporting nutrients include:

- * Magnesium – it's a crucial nutrient in helping your body to relax. Try including rich sources such as sunflower seeds, oats and green leafy vegetables.
- * Tryptophan is an amino acid which stimulates the production of serotonin, which helps with relaxation. Good sources include sweet potatoes, hemp seeds, bananas, and almonds.
- * Some studies suggest omega-3 can help you achieve a deeper, more restful sleep. Include chia seeds, pumpkin seeds, walnuts and flax seeds. There are also certain foods to avoid close to bedtime:
- * Sugar – variations in blood-sugar can cause insomnia.
- * High-fat foods. Fat slows down digestion and may lead to indigestion, interrupting sleep.
- * Caffeine, which is stimulating.

Your expert: Eva Killeen, Director of Short Courses & Natural Chef for CNM (College of Naturopathic Medicine) naturopathy-uk.com