

3 OF THE BEST... ALT-TEAS

SUGAR

A good cuppa fixes everything, and they don't come much better than Higher Living's organic sweet tea ranges. The blends are all vegan and the packaging is 100% recyclable – win-win! £2.99, dolphinsfitness.co.uk



SPICE

Power through the afternoon slump with this wholesome blend of carrot, ginger and a dusting of turmeric. Bursting with goodness and the perfect pick-me-up, get your hands on T2's Ginger Ninja Tea. £16, t2tea.com



EVERYTHING NICE

This metabolism-boosting tea is a treat for the taste buds, and they say jasmine and rose are associated with romance. Ooh la la! £4.99, positivitea.co.uk



BITE-SIZED RECIPE

Breakfast Muffins

Serves 12
Ready in 30 mins

- * 400g ground almonds
- * 2 tsp ground cinnamon
- * 8 free-range eggs, whisked
- * 1 orange, zest
- * 450g mashed overripe banana
- * 200g dried cranberries
- * 350g carrots, blended in a food processor
- * 1 tbsp pumpkin seeds

1 Preheat the oven to 180C/350F/Gas 5. Line a muffin tin with paper cases. Combine all the ingredients (apart from the pumpkin seeds) in a large bowl and stir.

2 Transfer the batter to the muffin cases and sprinkle each with pumpkin seeds. Bake for 30 minutes.

Recipe courtesy of *Healthy Diet* magazine, healthydietmag.com



Ask Our Experts

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

Q: "WHAT ARE YOUR FAVOURITE EASY SUMMER DISHES?"



It's summertime and the cooking is easy – at least, that's the way I like it to be! Meals like roasted Mediterranean vegetables are a great choice: aubergines and courgettes drizzled with olive oil and served with couscous, cooked rice or millet. Or, try halved pointed red peppers filled with sliced feta, cherry tomatoes, and a drizzle of pesto, before being roasted.

I love homemade falafel: whiz together drained tinned chickpeas, cooked millet, flat leaf parsley, chopped spring onions, and a squeeze of lemon juice. To cook the millet, simmer half a cup of millet in 1½ cups of water, with a big pinch of salt in a covered pan for 25 minutes. Fry walnut-sized pieces of the mixture in olive oil, turning to crisp all over. These bites are great dipped into hummus: spread it on a flat plate, decorate with whole chickpeas and drizzle with olive oil. So simple, and so good! Plus, on a hot day, nothing can beat a salad of chopped avocado, tomato and basil with baby new potatoes.

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

Q: "I'M GRADUALLY MAKING THE TRANSITION TO VEGANISM – HOW CAN I TOP UP MY OMEGAS WITHOUT EATING EGGS?"



There are many sources of omega-3 for a vegan diet. Such sources include chia seeds, hemp seeds, walnuts, linseed and some seaweeds. However, there's more to it than just consuming the right foods.

The essential omega-3 fat is called alpha-linolenic acid (ALA), which your body needs to convert into other omega-3 fats, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). To maintain a healthy lifestyle, the ratio of omega-3 to omega-6 in the diet should be 1:1, but the average person's diet consists of 15 times more omega-6 than omega-3. If you consume too much omega-6, your body will convert less to EPA and DHA, so there will be less omega-3 fat in your blood. Omega-6 is present in most vegetable oils, nut oils, egg yolks and soybean oil. Cutting down on processed foods containing these oils may help to address your omega-3:6 balance.

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