



Turn your passion for Nutrition into a career!

## Become a Nutritional Therapist

through part-time study in Edinburgh or online with CNM,  
the UK's leading training provider in natural health

Find out more at one of our  
**FREE Open Events** in Edinburgh  
on **4th May** or **8th June, 2019**

RESERVE YOUR PLACE:

[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

01342 410 505

## Fresh organic fruit & vegetables without plastic packaging

Available to buy now from your local Real Foods shop.



**realFOODS.co.uk**

Vegetarian · Vegan · Fairtrade · Organic  
Gluten-free · Wheat-free · Special diet

Get your 10% Early Bird discount card in store now

Early Bird discount is available weekdays 8-10am, Saturday 9-10am,  
Sunday 10-11am. Conditions apply to all discounts - ask in-store for details.

37 Broughton Street Edinburgh EH1 3JU

8 Brougham Street Edinburgh EH3 9JH

Food for Health with CNM:

## Banana & Sour Cherry Muffins

Bananas, flaxseed and spelt are all sources of tryptophan. This essential amino acid provides the building block for serotonin, a 'mood boosting' chemical transmitter in the brain. Sour cherries contain melatonin, a hormone that plays an important role in sleep – a time when brain chemicals like serotonin are replenished.

### Ingredients (Makes 10):

- 100g coconut oil, melted
- 150g unrefined dehydrated coconut nectar
- 280g wholegrain spelt flour
- 1 tsp (scant) bicarbonate of soda
- 1 tsp baking powder
- 2 'flax eggs' – 2 tbsp flax seed mixed with 5 tbsp water
- 4 large ripe bananas
- 200g sour cherries, chopped
- 80g chopped pecans
- 80g coconut shavings, lightly toasted (optional)
- Pinch of sea salt

*CNM recommends the use of organic ingredients.*

### To make:

- Preheat the oven to 180°C and line a 20cm diameter round baking tin with parchment paper.
- In a large bowl, mix the dry ingredients: buckwheat flakes, quinoa, chia seeds, ground flaxseeds, cinnamon and salt.
- Next, stir in the banana, coconut nectar, nut butter, nuts and vanilla extract. Mix well. Scoop into the baking tin and press down firmly to form a cake shape. Cook 15 to 20 minutes or until golden. Allow to cool completely before slicing.
- Spread some nut butter on top and use any fruit of your choice as a topping.

*Recipe by Francesca Klottrup, chef, nutritionist who lectures CNM Natural Chef and Vegan Natural Chef Diploma Courses at the College of Naturopathic Medicine.*



Photographer Juliet Klottrup

Find out about training with CNM Edinburgh for a career in Naturopathic Nutritional Therapy, by attending one of CNM's free-to-attend Open Events. For details visit [www.naturopathy-uk.com](http://www.naturopathy-uk.com) or call 01342 410 505.