

Recipes



These recipes are great if you have unexpected guests or a house full of people as they're so quick and easy to make. Keep a stock of the main ingredients ready to go.

Tomato and red lentil soup

serves 4

2 tins chopped or plum tomatoes
200g red lentils
4 rashers streaky bacon
1 stick of celery
2 onions
1.25 litres vegetable stock
Pinch of mixed herbs or basil
Pinch of paprika
Sunflower or olive oil

To help you calculate quantities, lentils double in volume when water is added. Peel and roughly chop the onion. Snip the bacon into pieces. Cook the onion and bacon in a little oil in a large saucepan until golden. Add the lentils, celery, tomatoes, stock, basil and seasoning and stir well. Bring to the boil and simmer gently for about 20 minutes. Blend the soup, adjust the seasoning to taste and, if necessary, thin it down with a little more water.

Paprika spiced almonds

1 tsp. of sea salt
½ tsp. of paprika
Olive oil or coconut oil
500g of blanched almonds
(To blanch the almonds, put into heat proof bowl, cover with boiling water and stand for 2 minutes. Drain well then pat dry and slip off the skins)

Preheat oven to 400C/gas 6. Mix the salt and paprika together and leave to one side. Place the almonds on a baking tray and toast for 7-10 minutes stirring occasionally until golden brown and smell toasted. Remove from heat and put into bowl, drizzle over 1 tablespoon olive oil and mix in the salt and paprika. Serve at room temperature. For a variation you can substitute paprika with coriander, cumin or cayenne pepper or use them in combination.

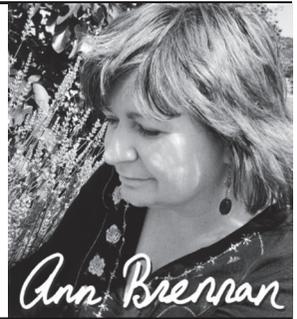
serves 2

Frittata

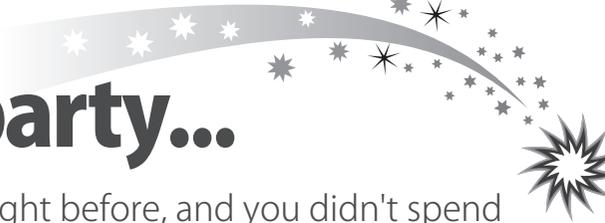
2 slices bacon
1 thinly sliced potato
1 sliced red onion
½ red bell pepper
½ tsp. dried rosemary
½ tsp. salt
1 tbsp. olive oil
1 cup chopped spinach or watercress
1 clove minced garlic
2 whole eggs
4 egg whites
½ tsp. black pepper
50g feta cheese, crumbled

Cook the bacon until crisp. Let it cool then chop and set aside. In a pan, sauté the potato, onion, bell pepper, rosemary and some salt in a little oil for 5 minutes over a medium heat. Cover and cook for 10 minutes. Stir in the spinach and garlic and sauté for 1 minute. Remove from the heat. Whisk all the eggs and whites with a pinch of salt in a large bowl. Add the vegetables, bacon, black pepper and feta. Add some oil to a clean frying pan. Pour in the egg mixture and cook for 4 minutes. Slide onto a plate.

WORDS free on health



After the party...



It's the morning after the night before, and you didn't spend the night sipping green tea. How can you get back to normal?

It might be the last thing on your mind, but first of all eat some breakfast. Try porridge oats, and add fresh or frozen berries with fresh ginger to flavour. The oats will help to get rid of toxins and the slow-release carbohydrates will restore blood sugar levels. The berries replace numerous minerals and vitamins and are full of antioxidants which mop up damaging toxins. Ginger is great for stimulating the circulation and improving digestion, which will relieve headaches, reduce nausea and aid detoxification.

Then two or three hours after breakfast have an oat cake with peanut, pumpkin or almond butter, marmite or tahini.

Or make a fruit smoothie using fruits such as cherries, melon, papaya, strawberries, blueberries or raspberries. Put in some nuts and seeds (try a few almonds and Brazil nuts with a dozen sunflower seeds) and whiz it all up in a blender.

Don't forget, when under stress our bodies use up the B vitamins more rapidly, leaving us feeling agitated and tired. Replace them with foods such as yeast extract, meat, oily fish, eggs, bulgar wheat, quinoa, oats and wild rice, beans and pulses, sunflower seeds and nuts.

And tonight you could try a cup of green tea!

See inside for more ways to detoxify and unwind



For information about herbal medicine and nutritional consultations contact Ann Brennan on 07745 898911 or visit www.annbrennan.co.uk

herbal beauty

Make your own gifts, or simply pamper yourself.

Herbal Body Scrub

This is a refreshing and detoxifying scrub, ideal for when you are feeling overworked or stressed. Apply to wet skin, scrub, then rinse off thoroughly with warm water.

Place the chopped herbs, black pepper and lemon peel in a pan then add the olive oil. Place on a medium heat and stir. Leave for 2 minutes with the lid on. Remove from the heat.

Put the sea salt in a bowl then add most of the warm oil by squeezing through a piece of muslin over a sieve. Stir well.

Place the mixture in a sterilised Kilner jar and press down well. Decorate the top with a few mint leaves and slices of lemon rind. Pour a layer of the remaining oil on top of the salt scrub to keep it airtight.

This will keep for about 3 months, or 6 months if kept in the refrigerator.

Honey & Oat mask

Simply combine fine rolled oats with honey and a little water to make a paste. Apply to face. Leave on for 10 minutes or so, then rinse off with cool water. This is perfect for all types of skin.

50g fresh mint leaves, finely chopped

50g fresh rosemary leaves, finely chopped

1 tbsp. freshly ground black pepper

Peel of 2 lemons

300ml olive oil

400g sea salt (fine-grained), or Epsom salts for a more invigorating scrub

Extra mint leaves and slices of lemon peel to decorate

Invigorating Foot Scrub

This great scrub will get rid of dead skin and moisturise your feet while the lemon and coriander act as a natural deodorant.

Put the herbs, coconut and olive oil in a pan. Place on a medium heat and stir. Leave for 2 minutes with the lid on, then remove from the heat and allow to cool. When cool, sieve and squeeze out all the oil into a jar containing the sugar and lemon juice then mix it all together.

50ml olive oil

50ml coconut oil

¼ cup of granulated sugar

2 tbsp. ground almonds

½ tbsp. of freshly chopped rosemary leaves

1 lemon, zest and juice

30g freshly crushed coriander seeds

Oatmeal, Rosemary, Lavender & Cream Bath

Place the lavender flowers, rosemary and oatmeal in a muslin bag and tie it so that it hangs directly under the hot tap.

As the bath fills, the water will become infused with the healing properties of the herbs and oatmeal. Just before you get into the bath, add the cream to the water and swirl around.

4 tbsp. cream

3 tbsp. lavender flowers

1 tbsp. rosemary leaves

1 cup oats

