

Veggie
kids

Eat your greens!

Nicola Graimes tackles the all-too-common challenge of getting children to eat their vegetables

Quinoa & halloumi burgers

SERVES 4 **PREP** 20 mins plus chilling

COOK 10 mins **EASY**

“I like to use red quinoa to make these substantial burgers for its colour and nutty texture, but any variety will do. Likewise, do try other types of beans – maybe kidney, black beans, chickpeas/garbanzos or butter beans. If you want to use dried beans, factor in extra time for soaking and precooking – you’ll need about 115g.”

55g red quinoa
400g can borlotti beans, drained and rinsed
1 small onion, grated
2 garlic cloves, finely chopped

2 tsp dried thyme
175g halloumi, patted dry and grated
1 egg, lightly beaten
flour, for dusting
Blackened corn salsa (see right)
sunflower oil, for frying

TO SERVE

4 soft seedy buns, preferably wholegrain, split in half
2 tbsp mayonnaise
4 crisp lettuce leaves
2 tomatoes, sliced

1 Put the quinoa in a saucepan, cover with water and bring to the boil. Cover with a lid and simmer over a medium-low heat for 15–18 mins until tender. Drain.
2 Put the borlotti beans in a mixing bowl and roughly mash using a potato masher. Add the onion, garlic, thyme, halloumi

HERO FOOD

Quinoa
This grain is a complete protein, meaning it provides all the amino acids for the repair and maintenance of the body's cells.

and egg, then stir until combined.

3 Coat a plate and your hands with flour. Shape the bean mixture into 4 burgers and dust each one with flour. Chill for 20 mins to firm up.

4 Meanwhile, make the salsa (see right). Blend half of the chargrilled corn to a coarse paste. Transfer the corn paste to a bowl and stir in the rest of the corn with the remaining ingredients, adding the chillies. Leave the salsa to one side.

5 Pour enough oil to cover the base of a large frying pan and heat over a medium heat. Add the burgers and fry for 6–8 mins, turning once, until golden.

6 To assemble the burgers, lightly toast the buns. Spread the mayo over one side of each bun and top with the lettuce, burgers, tomatoes and corn salsa. Top with the bun lid.

What do veggie kids need?

A varied, balanced vegetarian diet can provide all the nutrients your child needs, but it's advisable to be aware that the following nutrients are not as richly available in a meat-free diet:

Iron

Iron deficiency is extremely common and not just among vegetarians.

Iron is essential for healthy oxygenated red blood cells and a lack of the mineral may show itself as tiredness, irritability, poor concentration and development. It's worth noting that iron from animal sources is more readily absorbed by the body than that found in eggs and plant foods. That said, eating or drinking something rich in vitamin C, such as a glass of fresh orange juice, or fruit and vegetables, at the same time as eating a vegetarian iron-rich meal will certainly help boost absorption.

GOOD VEGGIE SOURCES

Eggs, beans, lentils, nuts, seeds, oatmeal, fortified breakfast cereals and bread, molasses, nutritional yeast flakes, green leafy vegetables and dried fruit.

Omega 3 fats

Much has been reported of the health benefits of omega-3 fatty acids on the brain, skin, joints and heart. Those found in fish oils are more potent. It is for this reason that some dieticians recommend vegetarians take an omega-3 supplement.

GOOD VEGGIE SOURCES

Walnuts, hemp seeds, chia seeds, flaxseeds, rapeseeds, green leafy vegetables, and fortified eggs and milk.

Vitamin B12

Important for healthy blood, growth and brain function as well as energy metabolism – so essential for children and adults – this vitamin is found in beneficial amounts in animal products, but you can also find it in plant-based foods, albeit in smaller quantities.

GOOD VEGGIE SOURCES

Dairy products, eggs, yeast, yeast extract, fortified breakfast cereals and bread, tofu and soya products.

Make a Blackened corn salsa

Heat a griddle pan over a high heat. Brush 2 **corn cobs** all over with **olive oil** then griddle for 10 mins, turning them every so often, or until the kernels soften and blacken in places. Slice the kernels off the cobs into a bowl and stir in 2 chopped deseeded **tomatoes**, 1 diced small **red pepper**, 3 finely chopped **spring onions**, 1 handful of chopped **coriander**, 1 tbsp chopped **jalapeño chillies** (optional). Add a good slug of **olive oil** and stir well until everything is combined.

Tofu tikka naan

MAKES 2 **PREP** 10 mins **COOK** 5 mins
EASY

Sandwiches can become a bit samey and it's easy to get stuck in a rut with fillings. This snack is basically a twist on an open sandwich with a topping of smoked tofu, grated carrot, sprouted seeds and a mildly spicy curry mayonnaise.

1 large or 2 small wholegrain naan breads

2 crisp lettuce leaves, shredded

1 carrot, grated

175g block of smoked tofu (preferably the one with sesame seeds), cut into 4 long slices

2.5cm piece of cucumber, seeded and grated

2 tbsp sprouted seeds

FOR THE TIKKA SAUCE

2 tsp tikka curry paste

2 tbsp plain live yogurt

1 tbsp houmous

a squeeze of lime juice

1 Warm both sides of the naan bread(s) in a large, dry frying pan.

2 Meanwhile, mix together all the ingredients for the tikka curry sauce.

3 Smear the warm naan breads with half of the curry sauce and top with the lettuce, carrot, tofu, cucumber and sprouted seeds. Spoon the remaining curry sauce on top. Serve immediately.

HERO FOOD

Carrots

The potent antioxidant beta carotene, which gives carrots their orange colour, is converted to vitamin A in the body. This nutrient is vital for good vision as well as growth and development.





Tofu & corn pancakes

SERVES 4 PREP 15 mins plus resting
COOK 30 mins **EASY**

Thanks to its neutral flavour, tofu – also known as beancurd – is one of those ingredients that lends itself to both sweet and savoury dishes. These savoury, American-style pancakes team tofu with corn, but you could replace the latter with herbs, spinach, lightly cooked broccoli or cauliflower, or whatever else appeals – just make sure it's finely chopped and not too wet in texture.

- 2–3 corn-on-the-cobs, husks removed, or 250g kernels
- 250g tofu, drained well, patted dry, and coarsely grated
- 6 spring onions, thinly sliced
- 175g spelt or plain flour
- 2 tsp baking powder
- 2 large eggs, lightly beaten
- 270ml milk or milk of choice coconut oil or butter, for frying

1 Stand a corn cob upright on a chopping board and carefully slice away the kernels. Repeat with the rest of the corn cobs.

2 Put the corn in a bowl with the tofu, spring onions, flour, ½ tsp salt and baking powder and stir until combined. Make a well in the middle.

3 Whisk together the eggs and milk in a jug. Gradually pour the egg mixture into the tofu mixture, stirring well with a wooden spoon until combined into fairly thick batter. Leave to rest for 20 mins.

4 Pour enough oil into a large frying pan to generously coat the base and heat over a medium heat. Spoon ladlefuls of the batter, about 3 tbsp per pancake, into the pan and cook in batches for 2–3 mins on each side until set and golden. Turn the heat down slightly if the outside of the pancakes browns too quickly without the insides getting a chance to cook through. The batter will make 12–14 pancakes in all.

5 Serve the pancakes with your favourite toppings or simply spread with nut butter, butter or coconut oil.

HERO FOOD Tofu

Tofu is a good source of calcium and iron, which is important for non-meat eaters as a vegetarian diet can be low in the latter. Iron is vital for good physical and mental health.

Try serving it with...

- Eggs (cooked your favourite way)
- Tomatoes or mushrooms
- Veggie bacon
- Fresh tomato sauce

Rockin' rolls

MAKES 12 PREP 15 mins
COOK 50 mins **EASY**

These sausage rolls have a nutrient-dense filling of green lentils, vegetables and yeast flakes all wrapped up in a puff pastry casing. You could make the filling up to 3 days ahead of using, if more convenient, and then assemble the rolls as and when you need them. The uncooked rolls are also suitable for freezing – defrost before baking.

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 200g mushrooms, finely chopped
- 2 large garlic cloves, finely chopped
- 1 tsp dried thyme
- 60g sundried tomatoes in oil, drained and finely chopped
- 400g can green lentils, drained well
- 3 tbsp nutritional yeast flakes
- 320g pack ready-rolled puff pastry
- 1 egg, lightly beaten

1 Preheat the oven to 220C/200C fan/gas 7 and lightly grease a baking sheet.

2 Heat the oil in a saucepan over a medium heat and sauté the onion and mushrooms, stirring often, for 8 mins until softened. Add the garlic, thyme, sundried tomatoes and lentils and cook for 3 mins, or until there is no trace of liquid in the pan. Season. Using a blender, blend the filling to a paste. Leave to cool.

3 Unroll the pastry and cut it in half lengthways. Divide the lentil mixture between the two pieces of pastry, placing it down the middle in a long sausage shape, about 2cm wide. Brush the edges of the pastry with egg and then fold the pastry over the filling. Press the edges together and crimp with a fork.

4 Cut into 5cm long sausage rolls and prick the tops a couple of times with a fork. Tidy up the ends of the rolls if the filling has squished out a bit and place on the prepared baking sheet. Brush with the remaining egg and bake for 30–35 mins until golden. Leave to cool before transferring to a wire cooling rack.



HERO FOOD Nutritional yeast flakes

These nutritious golden flakes have a slightly cheesy flavour and are a rich source of B vitamins as well as protein.

Lunchtime rolls

SERVES 2 PREP 15 mins plus resting **NO COOK**
EASY

- 2 wholegrain crusty seeded rolls
- extra virgin olive oil, for brushing
- 3 tbsp tomato pesto
- 1 handful of rocket leaves
- 4 slices of roasted pepper from a jar, drained
- 125g mozzarella cheese, drained, patted dry and sliced

1 Using a bread knife, carefully slice the top off each roll to make 2 lids. Pull out the soft bread inside, leaving a 1cm bread shell. Lightly brush the inside of each roll with oil.

2 Put the soft bread in a mini food processor and pulse until you have breadcrumbs. Mix half of the crumbs with the pesto (the remaining crumbs can be saved).

3 Place a layer of rocket in the bottom of each roll and top with a layer of pesto crumbs and red pepper. Top with a layer of mozzarella and then the remaining crumbs and rocket. Place the roll lids on top and wrap each roll tightly in cling film/plastic wrap. Press down lightly and leave in the refrigerator for at least 30 mins, or longer if making the night before.

Speedy filling ideas

■ Mix together 2 tsp tahini with 1 finely chopped date and place in a pitta bread with falafel, rocket leaves and alfalfa sprouts.

■ Grate 30g smoked tofu and combine with 1 small grated carrot and 1 chopped spring onion. Spread houmous over a soft tortilla, top with the tofu mix and salad leaves, and roll up.

■ Mix together 30g grated hard cheese with ½ grated apple and 1 tsp tomato or onion chutney.

■ Mash together 1 tbsp nut butter, 1 tsp tahini and 1 banana.

■ Mix together 2 tbsp cream cheese, 1 tsp ground linseeds and 2 chopped sun-blush tomatoes. Instead of the tomatoes, add chopped fig or grated cucumber and mint.

■ Put 60g sundried tomatoes (in oil) in a food processor with 1 tbsp of the oil, 1 tbsp tahini and the juice of 1 lime juice. Blitz to a paste. Serve with crumbled feta.



Recipes adapted from *Vegetarian Food for Healthy Kids* by Nicola Graimes (£12.99, Nourish Books) Photography by Tony Briscoe



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make it healthy!

GIVE YOUR BODY THE LOVE IT DESERVES

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These coeliac-friendly meals will ensure you get enough fibre in your gluten-free diet



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VEGGIE KIDS!

Healthy, wholesome and (most importantly)
tasty meal ideas for young vegetarian eaters



From Vegetarian Food for Healthy Kids by Nicola Grammes © Nourish Books 2016. Commissioned photography by Tony Briscoe

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WHAT DO VEGGIE KIDS NEED?

A varied, balanced vegetarian diet can provide all the nutrients your child needs, but it's advisable to be aware that the following nutrients are not as richly available in a meat-free diet as they are in one that contains animal produce or fish.

Recipes and images extracted from Vegetarian Food for Healthy Kids by Nicola Graimes © Nicola Graimes 2016 published by Nourish Books London Paperback €15/£12.99

Omega-3 fats
Much has been reported of the health benefits of omega-3 fatty acids on the brain, skin, joints and heart. The active components DHA, EPA and GLA can be found in certain vegetarian foods, especially the examples below, although those found in fish oils are more potent. It is for this reason that some dieticians recommend vegetarians take an omega-3 supplement.
Good veggie sources: walnuts, hemp seeds, chia seeds, flaxseeds, rapeseeds, green leafy vegetables, and fortified eggs and milk.

Vitamin B12
Important for healthy blood, growth and brain function as well as energy metabolism – so essential for children and adults – this vitamin is found in beneficial amounts in animal products, but you can also find it in plant-based foods, albeit in smaller quantities.
Good veggie sources: dairy products, eggs, yeast, yeast extract, fortified breakfast cereals and bread, tofu and soya products.

Iron
Iron deficiency is extremely common and not just among vegetarians. Iron is essential for healthy oxygenated red blood cells and a lack of the mineral may show itself as tiredness, irritability, poor concentration and development. It's worth noting that iron from animal sources is more readily absorbed by the body than that found in eggs and plant foods. That said, eating or drinking something rich in vitamin C, such as a glass of fresh orange juice, or fruit and vegetables, at the same time as eating a vegetarian iron-rich meal will certainly help boost absorption of the mineral.
Good veggie sources: eggs, beans, lentils, nuts, seeds, oatmeal, fortified breakfast cereals and bread, molasses, nutritional yeast flakes, green leafy vegetables and dried fruit.

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Speedy filling ideas

- Mix together 2 tsp tahini with 1 finely chopped date and place in a pitta bread with falafel, rocket leaves and alfalfa sprouts.
- Grate 30g smoked tofu/beancurd and combine with 1 small grated carrot and 1 chopped spring onion. Spread hummus over a soft tortilla, top with the tofu/beancurd mixture and salad leaves and roll up.
- Mix together 30g grated hard cheese with ½ a grated apple and 1 tsp of either tomato or onion chutney.
- Mash together 1 tbsp nut butter of choice, 1 teaspoon tahini and 1 small banana.
- Mix together 2 tbsp cream cheese, 1 tsp ground linseeds/flaxseeds and 2 chopped sundried tomatoes. Instead of the tomatoes, add chopped fig or grated cucumber and mint.
- Put 60g sundried tomatoes (in oil) in a mini food processor with 1 tbsp of oil from the jar, 1 tsp tahini and the juice of 1 lime. Blitz to a smooth paste. Serve with crumbled Feta.
- Mash ½ avocado with 1 tbsp lime juice and a few chopped basil leaves. Serve in a wholegrain pitta with slices of grilled Halloumi or grated hard-boiled egg.

98 Easy Food

FEBRUARY 2017

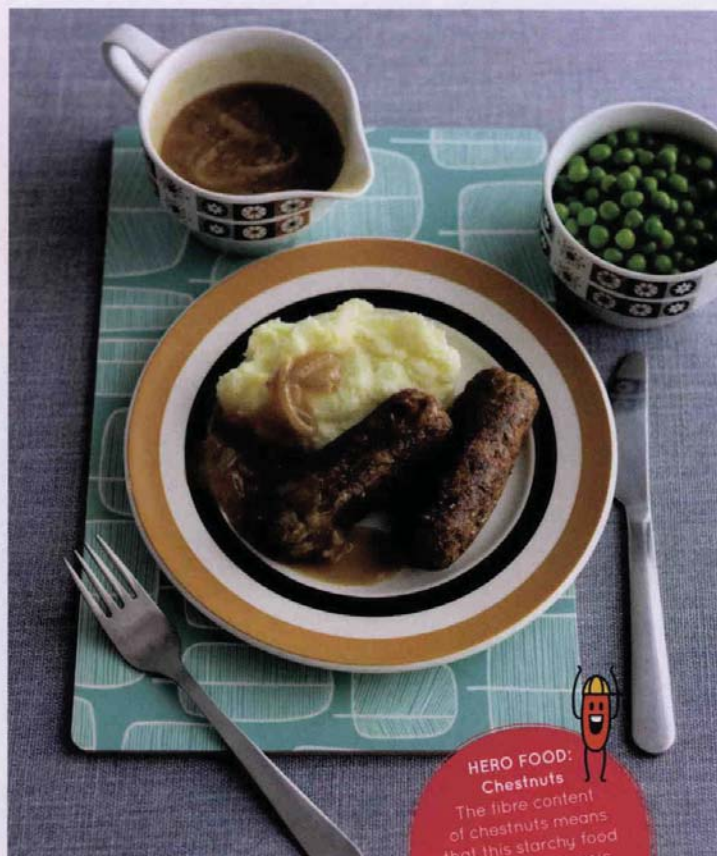
Lunchtime rolls

Serves 2

2 wholegrain crusty seeded rolls
Extra-virgin olive oil, for brushing
3 tbsp tomato pesto
1 handful of rocket leaves
4 slices of roasted pepper from a jar, drained
125g ball of Mozzarella, drained, patted dry and sliced

1 Using a bread knife, carefully slice the top off each roll to make two lids. Pull out the soft bread inside, leaving a 1cm bread shell. Lightly brush the inside of each roll with oil.
2 Put the soft bread into a mini food processor and pulse into breadcrumbs. Mix half of the crumbs with the pesto (the remaining crumbs can be saved for use in another recipe).
3 Place a layer of rocket in the bottom of each roll and add some pesto crumbs and red pepper. Top with a layer of Mozzarella and then the remaining crumbs and rocket.
4 Place the lids on top and wrap each roll tightly in cling film. Press down lightly and leave in the fridge for at least 30 minutes, or longer if making the night before.

Per Serving 431kcal, 23g fat (5.1g saturated), 38g carbs, 3.6g sugars, 16.4g protein, 6.7g fibre, 0.575g sodium



HERO FOOD: Chestnuts

The fibre content of chestnuts means that this starchy food has a low glycemic index giving sustained amounts of energy.

Veggie bangers with onion gravy

Serves 4

"A family favourite, these sausages are a nutritious blend of chestnuts, pumpkin seeds and cheese. They're good with mash and onion gravy, or served as a hotdog in a bun with relish and salad. It's worth making double the quantity and then freezing the bangers uncooked until needed – freeze them on a baking tray first, then transfer to a bag when frozen."

80g pumpkin seeds
240g cooked peeled chestnuts
125g fresh wholegrain breadcrumbs
1 onion, grated
1 tsp dried thyme
1 tbsp reduced-salt soy sauce
1 tbsp Dijon mustard
1 tbsp tomato purée
80g mature Cheddar, grated

1 egg, lightly beaten
2 tbsp sunflower oil
Black pepper

To serve:

Onion gravy
Mashed potato
Peas

1 Toast the pumpkin seeds in a large, dry frying pan for 3-4 minutes, tossing the pan occasionally, until they start to colour – take care as they can pop in the pan. Transfer to a food processor and grind to a coarse powder, then scrape into a mixing bowl.
2 Put the chestnuts in the food processor and blitz until finely chopped, then add to the bowl with the seeds. Stir in the remaining ingredients for the bangers until thoroughly combined. The mixture should hold together when pressed between your fingers.
3 Line a large baking tray with baking parchment. Divide the chestnut mixture

equally into 12, then form each portion into a sausage shape and put them on the prepared sheet. Chill in the refrigerator for 20 minutes to firm up.

4 To cook the bangers, heat half the oil in the frying pan over a medium heat. Add the bangers and cook for 6-8 minutes, turning occasionally, until golden all over. You may need to cook the bangers in two batches, in which case add the remaining oil. (You can also bake the bangers: simply brush them lightly in oil and cook for 20 minutes in a preheated oven at 200°C/180°C fan/gas mark 6.) Serve the bangers with the onion gravy, mash and peas.

Per Serving 431kcal, 20.7g fat (4.1g saturated), 48.7g carbs, 4.4g sugars, 16.4g protein, 4.1g fibre, 0.508g sodium



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Cheesy-peas cashew korma

Serves 4

"More often than not, the recipes you put off testing turn out to be the best, and this is one of them. I'm not sure why I was so reluctant, but this mildly spiced curry turned out to be a real winner. The cashews boost the nutritional value as well as giving a thick creaminess to the sauce, and the Halloumi develops a wonderful soft texture when cooked in the sauce."

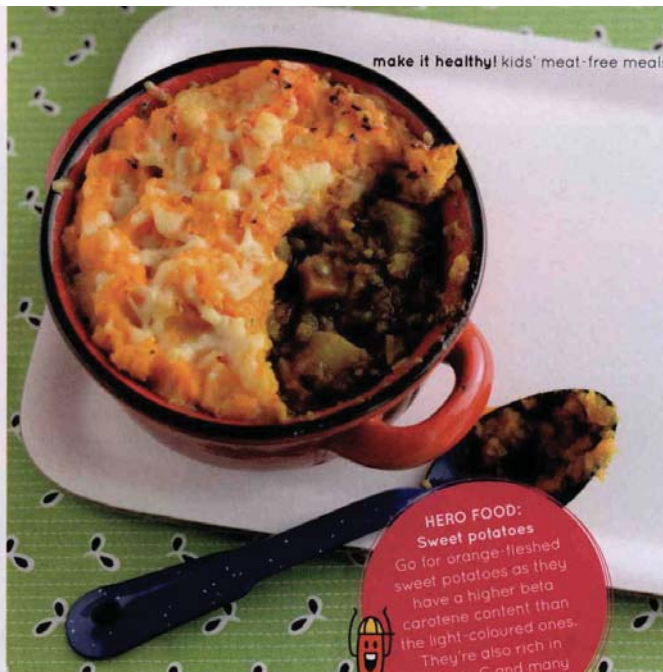
80g cashew nuts
1 rounded tbsp coconut oil
1 large onion, chopped
3 garlic cloves, chopped
4cm piece of fresh root ginger, peeled and coarsely grated
2 tbsp garam masala
1 tsp turmeric
125g frozen peas
225g Halloumi, cut into 1cm cubes
6 tbsp coconut drinking milk
Juice of 1 lime
2 tbsp fresh coriander, chopped
Black pepper

To serve:

Brown basmati rice

- 1 Put the cashews in a large, dry frying pan over a medium heat and toast for five minutes, turning occasionally, until light golden. Tip into a mini food processor along with 100ml water and blend until smooth and creamy.
- 2 Meanwhile, heat the coconut oil in a saucepan over a medium heat. Add the onion and cook, covered with a lid, for five minutes until softened but not coloured, stirring occasionally to prevent sticking. Add the garlic and ginger and cook, stirring, for a further minute.
- 3 Put the onion mixture into a mini food processor with 100ml water and blend until smooth, then return it to the pan with the cashew nut mixture.
- 4 Stir in the spices, peas, Halloumi, coconut milk and 125ml water and bring almost to the boil, then turn the heat down, cover, and simmer for 8-10 minutes until the peas are tender. Stir in the lime juice and coriander, if using, and season with pepper. Serve the curry with rice.

Per Serving 467kcal, 37.2g fat (21.5g saturated), 21.5g carbs, 5.6g sugars, 20.5g protein, 4.4g fibre, 0.368g sodium



make it healthy! kids' meat-free meals

HERO FOOD: Sweet potatoes

Go for orange-fleshed sweet potatoes as they have a higher beta carotene content than the light-coloured ones. They're also rich in vitamin C and many B vitamins.

Indian vegetable pie

Serves 6-8

"I couldn't resist adding a few spices to this hearty veggie version of shepherd's pie, but for a more classic flavouring opt for herbs instead – thyme, rosemary and parsley would all work. The sauce can be made in advance and will happily sit for a couple of days in the refrigerator."

2 tbsp olive oil
2 onions, finely chopped
1 celery stalk, thinly sliced
2 carrots, diced
2 parsnips, diced
6 garlic cloves, peeled and left whole
200g green lentils
2½cm piece of fresh root ginger, grated
1½-2 tbsp mild curry powder
1 tsp turmeric
1 x 400g tin of chopped tomatoes
1 vegetable stock cube
2 heaped tbsp tomato purée

For the sweet potato topping:

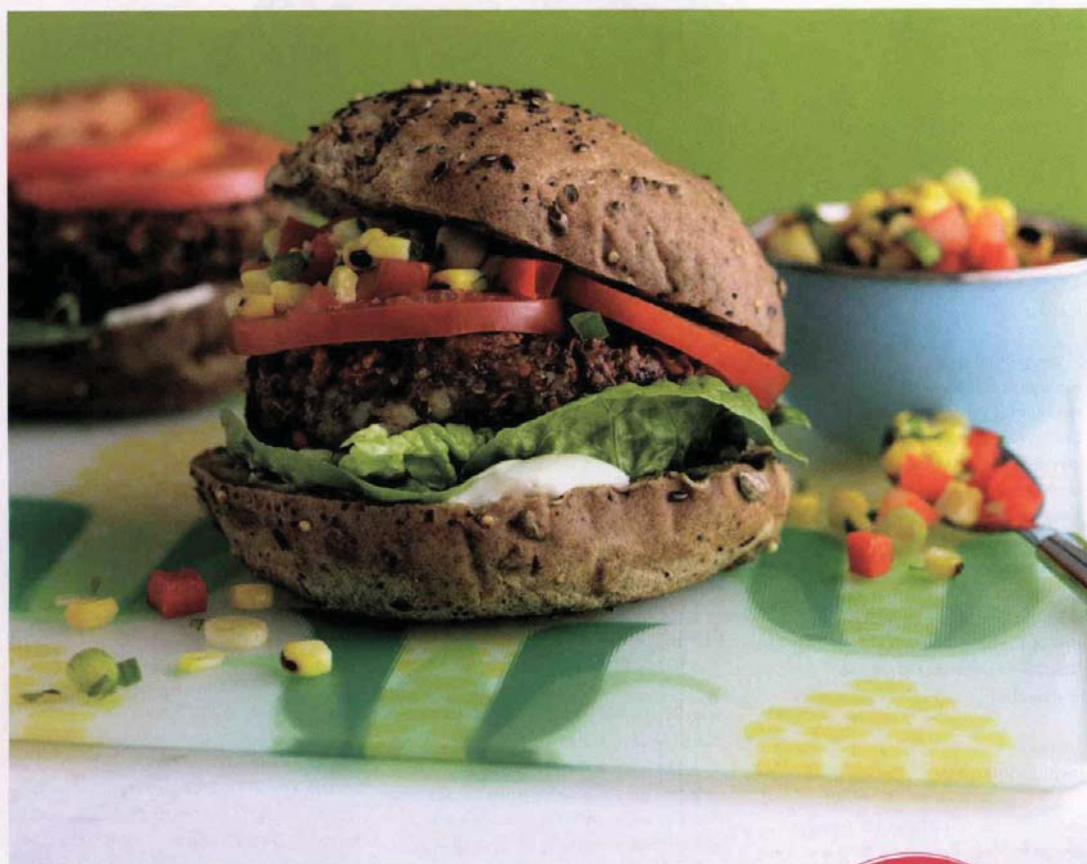
4-5 large sweet potatoes, peeled and cut into large chunks
2 tbsp butter
100g mature Cheddar, grated
Black pepper

- 1 Heat the oil in a large casserole over a medium heat. Add the onions, celery, carrots

- and parsnips and cook, covered and stirring occasionally, for eight minutes until softened.
- 2 Chop three of the garlic cloves and stir into the casserole with the lentils, ginger and spices. Pour in the tomatoes. Fill the tin with water and add to the pan, then add a second tin of water. Bring to the boil, crumble in the stock cube and add the tomato purée. Stir, part-cover with a lid and simmer for 20-25 minutes, or until the lentils are cooked.
- 3 Meanwhile, preheat the oven to 220°C/200°C fan/gas mark 7. To make the topping, boil the sweet potatoes with the remaining garlic cloves for 10 minutes, or until tender. Drain the potatoes and return them to the pan to dry on the turned off hob. Add the butter and half the cheese and mash until smooth.
- 4 Season the sauce with pepper and check the flavouring, adding more curry powder if desired. Using a stick blender, partially purée the sauce – you want a combination of chunky and smooth and not too liquid. If the sauce is too runny, cook it without the lid until reduced down.
- 5 Spoon the mash on top of the sauce in the pan (alternatively spoon the sauce into an ovenproof dish and top with the mash). Scatter the remaining cheese over and bake for 20-25 minutes until the top is beginning to crisp and turn golden.

Per Serving 328kcal, 8.4g fat (3.1g saturated), 52.7g carbs, 6.5g sugars, 12.8g protein, 15g fibre, 0.211g sodium





Quinoa and Halloumi burgers

Serves 4

"I like to use red quinoa to make these substantial burgers for its colour and nutty texture, but any variety will do. Likewise, do try other types of beans – maybe kidney, black beans, chickpeas or butter beans. If you want to use dried beans, factor in extra time for soaking and precooking – you'll need about 120g."

55g red quinoa
1 x 400g tin of borlotti beans, drained and rinsed
1 small onion, grated
2 garlic cloves, finely chopped
2 tsp dried thyme
175g Halloumi, patted dry and grated
1 egg, lightly beaten
Flour, for dusting
Sunflower oil, for frying

To serve:

4 soft seedy buns, preferably wholegrain, split in half
2 tbsp mayonnaise
4 crisp lettuce leaves
2 tomatoes, sliced
Corn salsa

1 Put the quinoa in a saucepan, cover with water and bring to the boil. Cover with a lid and simmer over a medium-low heat for 15-18 minutes until tender, then drain well.
2 Put the borlotti beans in a mixing bowl and roughly mash using a potato masher. Add the onion, garlic, thyme, Halloumi and egg, then stir until combined.
3 Coat a plate and your hands with flour. Shape the bean mixture into four burgers and dust each one with flour. Place the burgers on a plate and chill for 20 minutes to firm up.
4 Pour enough oil to generously cover the base of a large frying pan and heat over



a medium heat. Cook the burgers for 6-8 minutes, turning once, until golden and crisp.
5 To assemble the burgers, lightly toast the buns. Spread the mayonnaise over one side of each bun and top with the lettuce, burgers, tomatoes and a generous spoonful of corn salsa. Top with the bun lids and serve immediately.

Per Serving 743kcal, 22.1g fat (10.8g saturated), 98.3g carbs, 6.8g sugars, 43.5g protein, 30.6g fibre, 0.615g sodium



Box clever

The kids are back at school. Catherine Whyte has some tips on how to lush up their lunches

Let's face it. Being creative with the kids' school lunches isn't easy – especially first thing in the morning.

But that's not to say it can't be done. Last year, I introduced homemade sushi into the mix. Once you've got all the ingredients in your cupboard, it really is a doddle to make: I simply watched a *YouTube* video and went from there. The only bind is getting up early enough to make sure that there's enough time for the rice to cool down.

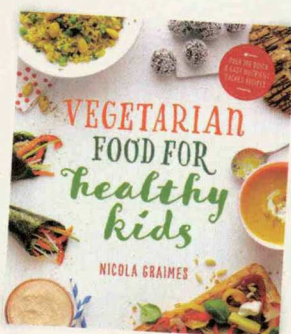
Recently, I received a promo copy of *Vegetarian Food for Healthy Kids*, which has lots of colourful alternatives to the ubiquitous sandwich, such as cheese and apple scones (above) or Greek pasta pots. I've put the recipes on essentialsurrey.co.uk, in case you fancy giving them a go.

One of the best investments I've ever made was a couple of *Thermos* food flasks. Soup is so quick to heat up, after which just butter a wholegrain roll and throw in some fruit or a treat. Lunch is now done and dusted.

It's also Organic September this month. Simply making your kids' lunch with organic fruit or vegetables (ideally from a veg box) will increase the nutritional content.

If you can't afford all organic, it's always best to buy organic cherry tomatoes, apples, grapes and strawberries, remembering that the least pesticide-ridden fruits tend to be mangoes, melons, kiwis and grapefruit. In addition, it's definitely worth buying organic meat, as the animals enjoy the very highest standards of welfare and graze on organic pasture.

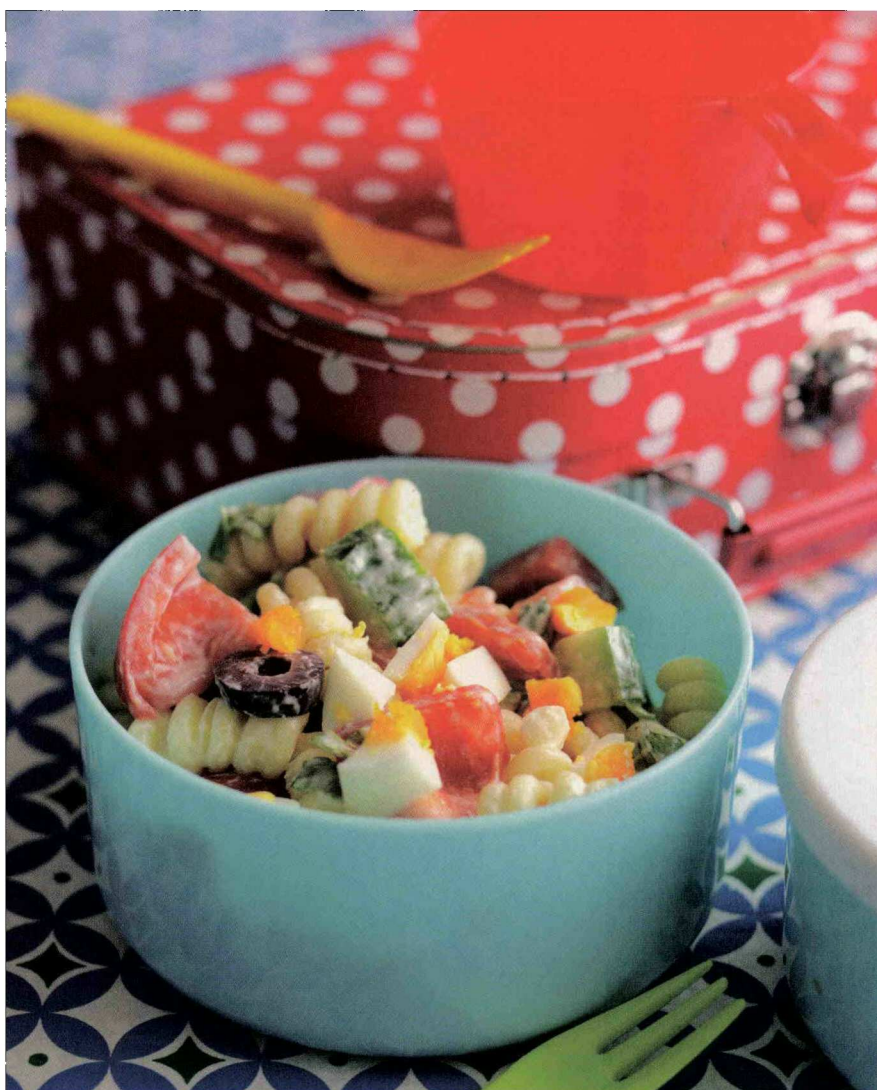
Finally, why not pick interesting alternatives to bread? Say *sayonara* to sliced and cheer on the chapatti – always choosing wholegrain, of course.



■ *Vegetarian Food for Healthy Kids*, by Nicola Graimes, is published on Sept 15 (£12.99, Nourish)

■ For further useful information on Organic September visit: soilassociation.org/organic-living/organicseptember

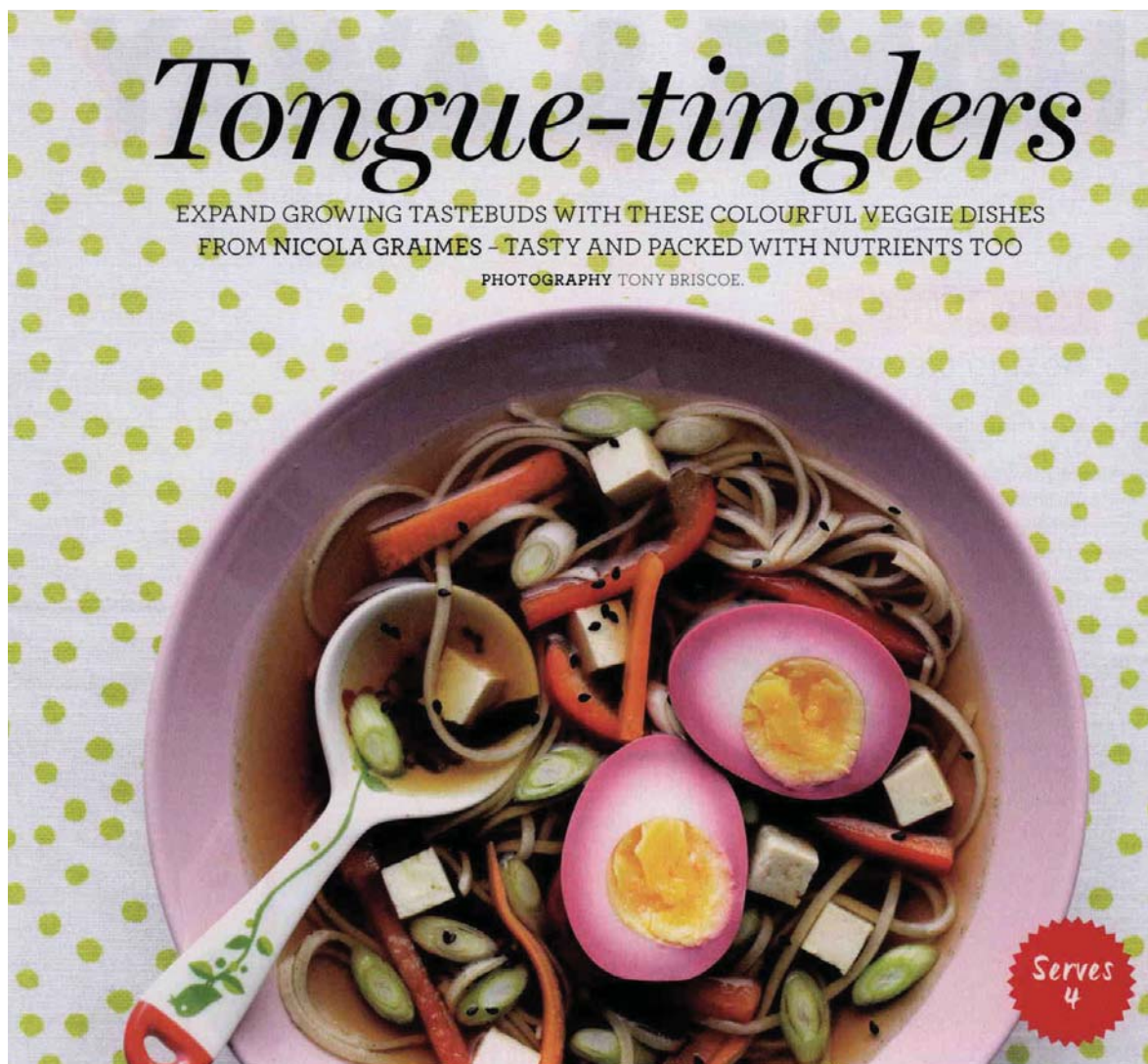
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Tongue-tinglers

EXPAND GROWING TASTEBUDS WITH THESE COLOURFUL VEGGIE DISHES
 FROM NICOLA GRAIMES - TASTY AND PACKED WITH NUTRIENTS TOO

PHOTOGRAPHY TONY BRISCOE.



Serves
4

Ramen with pink eggs

WHAT YOU NEED

1.25 litres vegetable stock
 8cm piece of root ginger, sliced
 3 garlic cloves, finely chopped
 2 tbsp reduced-salt soy sauce
 2 tsp Chinese five-spice powder
 2 star anise
 1 heaped tbsp dried wakame seaweed
 325g wholegrain noodles
 2 carrots, cut into thin strips
 4 spring onions, thinly sliced
 1 red pepper, deseeded and sliced
 200g smoked tofu, cubed

1 tbsp sesame seeds, to serve

FOR THE PINK EGGS

2 large cooked beetroot
 2 tsp reduced-salt soy sauce
 4 large hard-boiled eggs, peeled

WHAT TO DO

• To make the pink eggs, in a blender, blitz the beetroot to a purée and spoon into a bowl. Stir in the soy sauce. Put the eggs in the mixture and leave for at least 1 hour, until stained pink.

• To make the broth, pour the stock into a large saucepan and add the ginger, garlic, soy sauce, five-spice

and star anise. Stir well, bring to the boil, then set aside for at least one hour.

• Soak the wakame in cold water for 5 minutes until softened, then drain.

• To reheat the broth, bring it almost to the boil, then turn the heat down and simmer for 10 minutes. Remove and discard the ginger and star anise.

• Cook the noodles in a separate pan until tender. Drain, then divide among four bowls. Add the wakame, carrots, the white parts of the spring onions, the red pepper and tofu, then add the broth.

• Remove the eggs from the beetroot mixture, halve and place on top. Scatter with the green spring onions and seeds.

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Roast veggie tart

WHAT YOU NEED

- 2 tbsp olive oil
- 1 red pepper, deseeded and sliced
- 1 yellow pepper, deseeded and sliced
- 2 onions, each cut into 8 wedges
- 1 courgette, cut into long slices
- 320g ready-rolled puff pastry
- 1 egg, lightly beaten
- 200g sundried tomato pesto
- 4 tbsp cream cheese
- 2 tbsp toasted pine nuts
- 30g Parmesan cheese, grated
- 1 handful of basil leaves, to serve

WHAT TO DO

- ★ Heat the oven to 200°C/180°C fan/gas 6. Lightly oil a large baking sheet.
- ★ Put all the vegetables in a large bowl, pour in the oil and turn to coat them in the oil. Spread them out onto two separate large baking sheets and roast for 30-40 minutes until tender and golden in places.
- ★ Meanwhile, unroll the pastry and place on the prepared baking sheet. Fold in the edges of the pastry to make a raised border and brush all over with egg. Bake in the top of the oven (above the vegetables) for 25 minutes until almost cooked.
- ★ Remove the tart from the oven. Turn the vegetables and swap the trays round. Spoon the pesto over the top of the pastry and return it to the oven for another 5-8 minutes until risen and golden and the base is cooked and crisp.
- ★ To assemble, arrange the roasted vegetables on top of the tart and add spoonfuls of the cream cheese. Scatter the Parmesan, pine nuts and basil over the tart, and serve.

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Serves 4

Popeye fritters

WHAT YOU NEED

- 200g wholegrain plain flour
- 1 tsp baking powder
- 1 tsp sea salt
- 200ml milk
- 2 handfuls of baby spinach leaves or kale, tough stalks discarded
- 1 tbsp melted butter
- 6 large eggs
- 60g mature Cheddar cheese, grated
- 1 handful of snipped chives,

plus extra to serve
 Olive oil, for cooking

WHAT TO DO

- ★ Put the flour, baking powder, salt, milk, spinach and melted butter in a blender. Add two of the eggs and blitz to a thick batter. Leave to rest for 30 minutes, then stir in the cheese and chives.
- ★ Heat enough oil to coat the base of a large frying pan over a medium heat. Add 50ml of the batter per pancake to the pan and cook 3-4 at a time for two minutes on each side until light golden. Keep warm in a low oven while you cook the rest, adding more oil when needed – there's enough batter to make 12-14 pancakes.
- ★ Keep the pancakes warm in the oven while you fry the remaining eggs. Divide the pancakes between serving plates and top with an egg. Sprinkle with the remaining chives and serve with fresh tomato sauce and, if you like, crusty bread and a favourite veg.

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Yellow rice pilaf **Serves 4**

WHAT YOU NEED

- 30g butter
- 1 large onion, roughly chopped
- 2 handfuls of blanched almonds
- 2 tbsp mild curry powder
- 250g brown basmati rice
- 2.5cm piece of root ginger, grated
- 1 tsp turmeric
- 600ml vegetable stock
- 2 handfuls of frozen peas
- ½ cauliflower, cut into florets, grated
- 1 handful of chopped parsley
- 1 tbsp olive oil

FOR THE LEMON YOGURT

- 150g Greek yogurt
- 1 small garlic clove, crushed
- 2 tbsp lemon juice
- Finely grated zest of ½ lemon

WHAT TO DO

- ★ Melt the butter in a saucepan over a medium-low heat. Add the onion, cover and cook for 10 minutes, stirring occasionally until softened.
- ★ Meanwhile, toss the almonds in half of the curry powder and set aside.
- ★ Mix together the ingredients for the lemon yogurt and leave to one side.
- ★ When the onions are cooked, add the rice, ginger, the remaining curry powder, turmeric and the stock (the rice should be covered by about 1cm of stock). Bring to the boil, then turn the heat down to its lowest setting, cover with a lid, and cook for 20 mins.
- ★ Stir the peas into the rice, cover with a lid and cook for another 5 minutes or until the water has been absorbed and the rice is tender. Stir the cauliflower and parsley into the rice, cover with a lid, and leave to stand on the turned-off hob.
- ★ While the rice cooks, heat the oil in a large frying pan over a medium heat. Add the spice-coated almonds and cook for about 4 minutes, tossing occasionally, until they smell aromatic and toasted. Serve the yellow rice with a good spoonful of the lemon yogurt and top with the almonds.

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Sesame noodles

WHAT YOU NEED

- 140g brown rice vermicelli noodles
- 5g dried wakame seaweed
- 2 tsp sesame seeds
- 3 tomatoes, deseeded and diced
- 2 spring onions, finely chopped
- 5cm piece of cucumber, quartered, deseeded and diced
- 1 handful of alfalfa sprouts

Serves 2

FOR THE SESAME DRESSING

- 1 tbsp sesame oil
- 1 tbsp reduced-salt soy sauce
- 1 heaped tbsp light miso paste

WHAT TO DO

- ★ Cook the noodles until tender, then drain, reserving a little of the cooking water, and cool under cold running water.
- ★ Meanwhile, put the wakame in a bowl, cover with cold water and leave to soak for about 5 minutes until softened, then drain. Chop into small pieces, if preferred.
- ★ While the noodles are cooking, toast the sesame seeds in a dry frying pan over a medium-low heat for 3 minutes or until they start to turn golden.
- ★ Mix together the ingredients for the dressing with 4 teaspoons of the cooking water from the noodles.
- ★ Put the noodles in a bowl with the wakame, tomatoes, spring onions and cucumber. Pour over the dressing and toss until combined. Add the sesame seeds and alfalfa and toss again before serving.

112 GURGLE.COM



These recipes are featured in *Vegetarian Food for Healthy Kids* by Nicola Graimes (£12.99, Nourish Books).

NEXT MONTH...
THE PRETTIEST PARTY FOOD

COLOURING BOOK

The eagerly anticipated fourth release from best-selling illustrator Millie Marotta is now available. Her wildly popular series of Colouring Book Adventures have sold a staggering 7.5 million copies worldwide, topping *The Sunday Times* and *New York Times* charts.

- **Curious Creatures**, (£9.99 paperback, Batsford Books)



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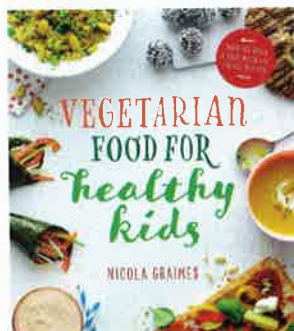
What's new?

Your guide to the latest news, products and events from the world of compassionate, spiritual living compiled by Stephen Jones

HEALTHY KIDS

An exciting new book by best-selling author, Nicola Graimes is perfect for the hectic family kitchen, as it offers over 100 fun, quick, delicious, and nutritious meals that are sure to bump up the veggie intake of every household, whether you're vegetarian or not.

- **Vegetarian Food for Healthy Kids** (£12.99, Nourish)



CONFIDENCE 24-7

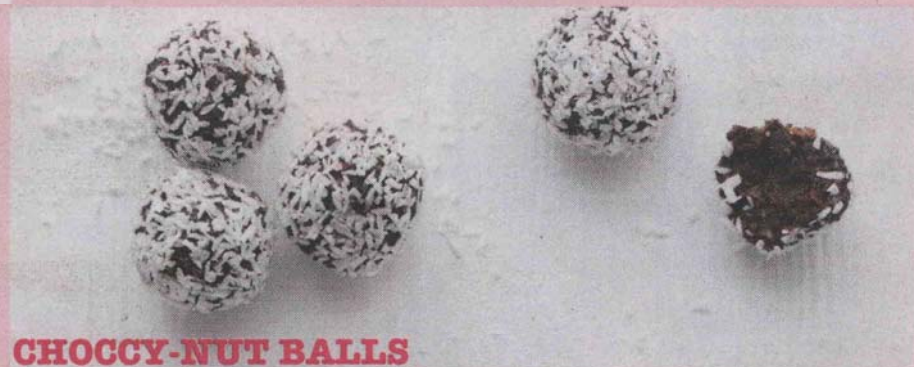
Designed for the elderly, Assure is a ground breaking personal alert system that monitors wellbeing for 24 hours a day throughout the home and garden. An award-winning wristband means the older person's family and friends will be informed if anything untoward happens. From £199.17 to £239 for a year plan.

- www.acticheck.com



Yummy Choccy Gifts

Nothing is as sweet at Christmas time as a lovingly prepared gift from the kitchen. These deliciously easy recipes from award-winning food writer **Nicola Graimes** are perfect for little hands to help make, just wrap up in a cellophane bag or pretty box and you have a tasty present for teacher or grandparents...



CHOCXY-NUT BALLS

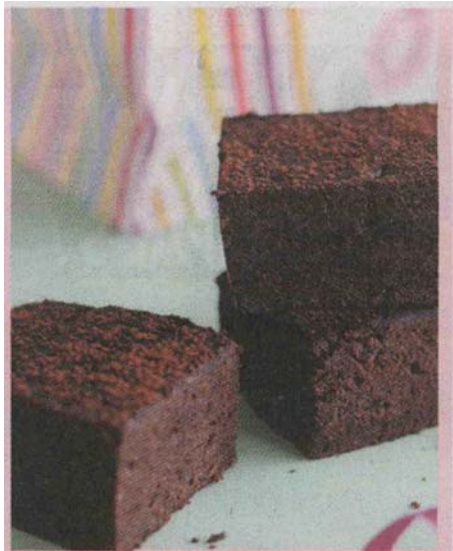
Makes 24 | Preparation time: 20 minutes, plus soaking and chilling | Cooking time: 4 minutes

INGREDIENTS 150g/5½oz/heaped 1 cup soft, pitted dried dates, chopped | Juice and finely grated zest of 1 orange | 100g/3½oz/heaped ¾ cup cashew nuts | 50g/1¾oz/heaped ⅓ cup hazelnuts | 1 tbsp hemp seeds | 5 tbsp unsweetened cocoa powder or raw cacao, plus extra for coating | 6 tbsp desiccated/dried shredded coconut, for coating

METHOD 1. Put the dates and orange juice in a bowl to soak. | 2. Toast the cashews and hazelnuts in a large, dry frying pan over a medium-low heat for 4 minutes, shaking the pan until they start to colour. Tip into a food processor and blitz until finely chopped. Put the nuts in a large mixing bowl. | 3. Add the soaked dates with the orange juice to the processor and blend to an almost smooth purée, pushing the dates down the sides of the processor. | 4. Spoon the date mixture into the bowl containing the nuts. Stir in the hemp seeds and unsweetened cocoa powder until mixed to a thick paste. | 5. Cover a small plate with a layer of unsweetened cocoa powder and a second plate with the coconut. | 6. Divide the mixture in half, then divide one half evenly into 12 pieces. Roll each one into a ball, about the size of a large marble, then roll them in the cocoa powder until evenly coated. | 7. Repeat with the remaining half of the date mixture, this time dunking the balls into the coconut to make about 12 balls in total. Arrange all the balls on a plate and chill for 1 hour to firm up. Store in an airtight container in the refrigerator.



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CHOCOLATE BEAN BROWNIES

Makes 12 | Preparation time: 15 minutes |
Cooking time: 25 minutes

INGREDIENTS 80ml/2½fl oz/⅓ cup melted coconut oil or sunflower oil, plus extra for greasing | 100g/3½oz/heaped ¾ cup spelt or plain/All-purpose flour | 2 tsp baking powder | 50g/1¾oz/½ cup unsweetened cocoa powder or raw cacao | 175g/6oz/scant 1 cup light soft brown sugar | pinch of sea salt | 400g/14oz can borlotti beans, drained and rinsed | 3 large eggs, light beaten | 1 tsp vanilla extract | 2 tbsp milk of choice

METHOD 1. Preheat the oven to 180°C/350°F/ Gas 4. Line the base and grease the sides of a 20cm/8in brownie pan. | 2. Sift the flour, baking powder, unsweetened cocoa powder, sugar and salt into the bowl of a food processor. | 3. Add the rest of the ingredients and blend to a smooth batter, occasionally stopping to scrape the mixture down the sides. | 4. Spoon the cake batter into the prepared pan and spread out evenly. Bake for 20–25 minutes until risen and just cooked through – you want it to be a little squidgy in the middle. Leave to cool for a couple of minutes in the pan, then turn the cake out onto a wire rack to cool completely. Cut into 12 squares.



Recipes extracted from
Vegetarian Food for Healthy
Kids © Nicola Graimes 2016,
commissioned photography
by Tony Briscoe. Published
by Nourish Books, London.
RRP Paperback £12.99.



Fuelled by Veggie Power

Whether it's increasing obesity rates or cutting out sugar, children and their health are never far out of the news. Vegetarian or not, anyone can benefit from having an increased vegetable intake in their diet. In her new book, *Vegetarian Food for Healthy Kids*, **Nicola Graimes** has developed 100+ quick, inspirational and nutritious meat-free recipes that the kids will love, including sustaining breakfasts, energy-boosting snacks and healthy lunchbox heroes, tackling the universal parenting challenge of getting children to enjoy and eat up their veg...

APPLE CRUMBLE PORRIDGE

Perfect comfort food, this warming porridge captures the flavours of a classic apple crumble and is a good way of adding fruit to breakfast. Any leftover porridge can be turned into porridge bars: simply spread out about 1cm/1/2 in thick and leave to cool. Cut the porridge into bars, then fry in a little coconut oil until golden – delicious! **Serves 4 | Preparation time: 5 minutes | Cooking time: 15 minutes**

INGREDIENTS 200g/7oz/heaped 2 cups rolled oats, or a mix of flaked grains including quinoa and buckwheat | 300ml/10.fl oz/scant 1. Cups almond milk or milk of choice, plus extra to serve | 2 small apples, with skins, cored and grated | 1 heaped tsp ground mixed spice, plus extra to serve | A few spoonfuls of ready-made granola, to serve

METHOD 1 Put the oats and milk in a saucepan with 900ml/31fl oz/ scant 4 cups water and bring to the boil over a medium heat. 2 Add the apples and mixed spice to the pan, turn the heat down to low, and simmer for 10 minutes, or until the oats are cooked and creamy. Stir the porridge continuously with a wooden spoon to stop it sticking to the base of the pan. 3 Spoon the porridge into serving bowls, pour over a little extra milk, if you like, and sprinkle with extra mixed spice and a good spoonful of the granola.



NICOLA SAYS

“EVERY PARENT WANTS THE BEST FOR THEIR CHILDREN AND TOP OF THE LIST FOR MOST OF US IS GOOD HEALTH. THE THEORY IS SO SIMPLE: JUST EAT NUTRITIOUS FOODS, DRINK ENOUGH WATER AND CUT OUT THE JUNK. BUT WE KNOW THAT'S LIGHT YEARS AWAY FROM WHAT HAPPENS IN PRACTICE. I DON'T PROFESS TO BE THE PERFECT ROLE MODEL, BUT EXPERIENCE HAS TAUGHT ME A LOT ABOUT HELPING MY CHILDREN TO MAKE THE RIGHT DIETARY CHOICES.”

OATS A recent study found that youngsters who regularly eat oats are 50 per cent less likely to be overweight. As well as providing filling fibre, wholegrains, such as oats, surprisingly contain 25 per cent more protein than refined cereals – a winning combination.



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POLENTA & PEPPER MUFFINS

These make a refreshing change to bread-based lunches and are a wholesome combination of protein, carbs, good fats and veg. They're easy to make, but for morning sanity are probably best prepared the night before, which will also give them the chance to cool. For a healthy boost, why not split them in half and fill with soft cheese, guacamole or houmous.

Makes 12 | Preparation time: 20 minutes | Cooking time: 35 minutes

INGREDIENTS 85g/3oz butter, melted, plus extra for greasing | 1 large corn-on-the-cob, husk removed, or 140g/5oz/1 cup kernels | 140g/5oz/heaped 1 cup spelt flour | 140g/4oz/scant 1 cup instant polenta/cornmeal | 2 tsp baking powder | 1 tbsp ground linseeds/flaxseeds | 1 tsp sea salt | 284ml/10fl oz/generous 1 cup buttermilk | 100ml/3.5fl oz/scant, cup milk | 2 eggs, lightly beaten | 60g/2oz/cup mature Cheddar cheese, grated | 3 spring onions/scallions, finely sliced | Small red pepper, deseeded and diced | 1 red chilli, deseeded and diced (optional)



METHOD 1 Preheat the oven to 200°C/400°F/Gas 6. Liberally grease a 12-hole muffin pan (or line the pan with deep paper cases). 2 Stand the corn cob upright on a chopping board and carefully slice away the kernels. 3 Mix together the spelt flour, polenta/cornmeal, baking powder, linseeds/flaxseeds and salt in a large mixing bowl and make a well in the middle. 4 Whisk together the buttermilk, milk and eggs in a jug. Pour the buttermilk mixture into the dry ingredients and add the cheese, corn, spring onions/scallions, red pepper and chilli, if using. Using a wooden spoon, gently mix until everything is combined. Spoon the batter into the prepared muffin pan and bake for 30–35 minutes until risen and cooked. Leave in the tin for a few minutes before turning out onto a wire rack to cool.

GROUND LINSEEDS/FLAXSEEDS Golden linseeds/flaxseeds are the richest plant source of omega-3 fats, which are essential for a healthy brain, joints and heart. Not only are they easy to use when ground to a powder, the omega-3 is said to be in a more readily absorbable form.

HERO FOOD

Award-winning cookery writer and former editor of Vegetarian Living magazine, **Nicola Graimes** has written more than 20 books, including The Top 100 recipes for a Healthy Lunchbox and the best-selling The Part-Time Vegetarian. *Selected recipes from Vegetarian Food for Healthy Kids by Nicola Graimes*, published September 15, 2016 by Nourish Books, RRP £12.99 © Nourish Books 2016 commissioned photography by Tony Briscoe.

Find more delicious recipes from Nicola's new cookbook at ni4kids.com



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Elizabeth Somer's HEALTHY EATING

The truth about coconut

It's been touted as a healthy superfood that's good for the heart and weight loss, but this nut isn't all it's cracked up to be...

Whether it's drinking coconut milk, using the oil to cook with, or sprinkling the white flakes on cereal, you won't have failed to notice the whirl of interest that foodies and health gurus have drummed up about coconut and the products that are derived from it.

But when you take a closer look at the facts, the claims about weight loss and some of the health benefits don't always stand up to scrutiny.

For instance, it's been reported that coconut oil is good for the heart, but unlike most nuts that contain



Coconut has a lot of saturated fat

heart-friendly fats, the main fat in coconut is unhealthy saturated fat. Not only that, a recent review of the research on coconut and heart disease found that coconut oil actually raises levels of bad cholesterol. So, to reduce your risk of heart disease, it's still best to cook with the vegetable oils that we know are healthier, such as rapeseed.

Then there is the fact that coconut milk has been credited as a secret ingredient for weight loss. This is because, unlike saturated fats in meat and dairy products, the main saturated fat in coconut is more quickly absorbed in the gut and likely to be burnt for energy, rather than being stored as fat. But any weight-loss aid that lowers body fat will only have a modest effect, so you can forget the waist-nipping, thigh-trimming claims that have been bandied about in recent years.

And get this - to see any significant weight loss, you'd have to ensure half of your daily calorie intake comes from the easily metabolised saturated fat found in coconut, which is a lot more coconut milk or oil than you could realistically eat. So, if people lose weight with coconut, it's



Use healthier oils for frying

because they've cut calories out of their diet, not because they drink coconut milk.

Don't get me wrong, though - coconut does have its redeeming qualities. Coconut flakes, for instance, have some fibre, while coconut water is rich in potassium and might aid rehydration as a sports drink.

But, until we know more about the long-term health effects of this fat, it's best to err on the side of caution. So, if you're partial to the taste of coconut, drink low-fat coconut milk and make sure it's fortified with calcium, magnesium, and vitamins A, B2, B6, B12, and D (nutrients supplied in dairy milk).

Also, consume only small amounts of coconut oil, and if you use canned coconut milk in cooking, grab the light version, which has 50 per cent less fat and 65 per cent fewer calories than ordinary coconut milk. And even then, use sparingly if you can.

Small amounts of coconut milk or oil added now and then will add a rich, creamy flavour to your Thai meal and other dishes, but think of it as a way to add flavour rather than as a staple or key ingredient.

TRY THIS...

It's easy to think all fruit is good for you, but it's worth bearing in mind that some fruits have a high sugar content. For instance, the fructose in a glass of orange juice has the same sugar as that of cola, so fruits with less sugar, such as blueberries, raspberries, strawberries and cherries, should be your go-to choice for lunch boxes and snacks. Fruits with high levels of sugar, such as mangoes or grapes, should be eaten with something fatty, such as Greek yogurt, to slow down the digestion of sugar.



VEGETARIAN FOOD FOR HEALTHY KIDS

by Nicola Graimes
(£12.99, Nourish)

This is a great book if you want to entice your child into eating more

vegetables or a wider variety of vegetarian dishes. Award-winning cookery writer Nicola Graimes offers more than 100 recipes, including mini mango cheesecakes and apple crumble porridge. There are lots of tasty wraps and tacos, so kids can get involved with helping to make their own meals. For the adults, there's helpful information next to each recipe with details about the nutritional value of the dishes, so you can ensure the nippers are getting all the vitamins they need for mental and physical growth. You're also told whether a recipe is suitable for freezing, preparing in advance or making in bulk, so you can save time, as well as cooking up some tasty treats.



NEWS

WEIGHT WATCHERS

Health warnings about obesity are driving a shopping trend for superfoods, cookbooks and gadgets, according to Amazon. Popular purchases include green tea, aloe vera juice and chicken-bone broth, while spiralisers that turn vegetables into pasta shapes are being snapped up, too.



Make 'courgetti' with a spiraliser

UTTERLY BUTTER

The first butter boutique has opened in North Yorkshire. It only sells butter that's been made the old-fashioned way - by churning milk by hand. Since butter in moderation was deemed



A little bit of butter is good

healthy in a report last year, there's been a resurgence of butter-making. In ButterBees of Malton, you can buy butter that's flavoured with fine sea-salt crystals, a 'Sunday Roast' butter with rosemary for basting beef, and a honey butter for crumpets.

RICE IS NICE

Cauliflower rice is a tasty and nutritious alternative to white rice, as it's high in vitamin C, rich in fibre, and contains the compound sulforaphane, which improves blood pressure and helps detoxify the body. Grate the cauli or use a food processor to create rice-like crumbs. Season, add butter and either microwave for two minutes or steam. Eat with a curry or salad.



Replace carbs with cauli rice

TREND

Orange and blue wines

What are they?

Fancy a glass of amber-coloured wine? Orange wines are white wines made in the same way as reds. The skins of the grapes are left on, making the wines spicy, herby and



dry. Produced in many countries around the world, including South Africa, Italy and France, prices for the wine start at about £9 a bottle.

Just when you've got your head around orange wine, an electric-blue wine comes hot on its heels. Gik blue wine, produced in vineyards in Spain, is less bitter than many reds. Its robust taste makes it a good alternative to drinking red - as long as you can get your head around the

colour! Already a hit with wine lovers in France, it costs about £11 a bottle, and arrived in the UK in the summer, so you should see more of it being sipped in bars and restaurants near you.

What are the benefits?

Orange wine is typically very natural and organically grown, using little or no additives, sometimes not even yeast. Blue wine is completely natural - it

Who fancies a glass of... blue?



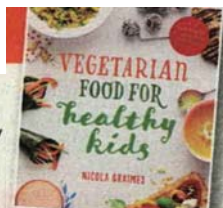
takes its colour from a pigment that occurs in grape skins - along with indigo, a dye extracted from plants. As many people believe allergies and hangovers stem from the additives used in non-organic wines, blue and orange varieties could make a good choice for cleaner drinking.

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Read it..

You don't have to be a vegetarian to enjoy this recipe book, packed with more than 100 ideas for fun, quick and nutritious meals.

Written by Nicola Graimes.



Vegetarian Food for Healthy Kids is great for encouraging children to eat more vegetables, and each recipe has a 'Hero Food' feature explaining why the ingredients in that meal are great for them.

Published by Nourish, priced £12.99.



GREEN PARENT ESSENTIALS

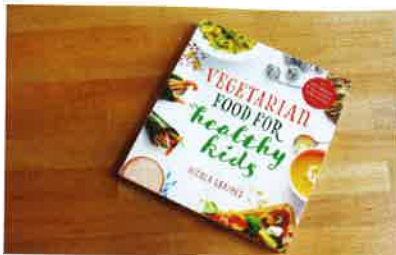
A selection of products and services to live a greener life

Pip the Squirrel - every child's ideal nature companion



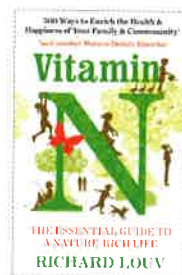
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Get your children enjoying and eating more vegetables



With tips and inspiring recipes that use vegetables in interesting ways, this book tackles the universal challenge of getting children – vegetarian or not – to enjoy and eat up their veg. Nourish your children and inspire a love of good food. nourishbooks.com

A unique guide to connecting children with nature



From the groundbreaking and bestselling authority on 'nature-deficit disorder' comes a dose of inspiration and information for the whole family and wider community. This

comprehensive practical handbook is packed full of activities, advice, websites and wisdom for a nature-rich life. Richard Louv is the author of international bestseller Last Child in the Woods. richardlouv.com

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VEGETARIAN FOOD FOR HEALTHY KIDS

By Nicola Graimes

Paperback: £12.99

Published by Nourish

This new book is the perfect accompaniment to any hectic family kitchen, as it offers fun, quick, delicious,

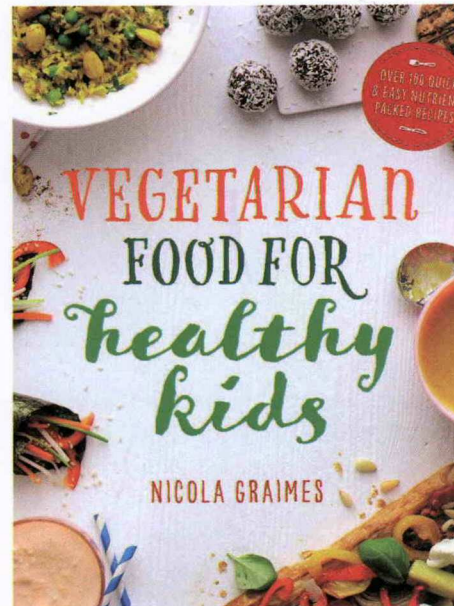
and nutritious meals that are sure to bump up the veggie intake of every household, vegetarian or not.

With sugar taxes and childhood obesity in the news, and the timeless struggle of getting kids to eat their veg, this book provides recipes, tips, and inspiration for parents and children alike to take control over their eating, and develop a wide repertoire of colourful and nutrient-rich vegetarian food to increase children's nutrition.

The book encourages children's involvement in their meals, by offering easy prep, vibrant photography, clear step-by-step guidelines, and "Hero

Food" and "Kids Cook" bite-sized information peppered throughout.

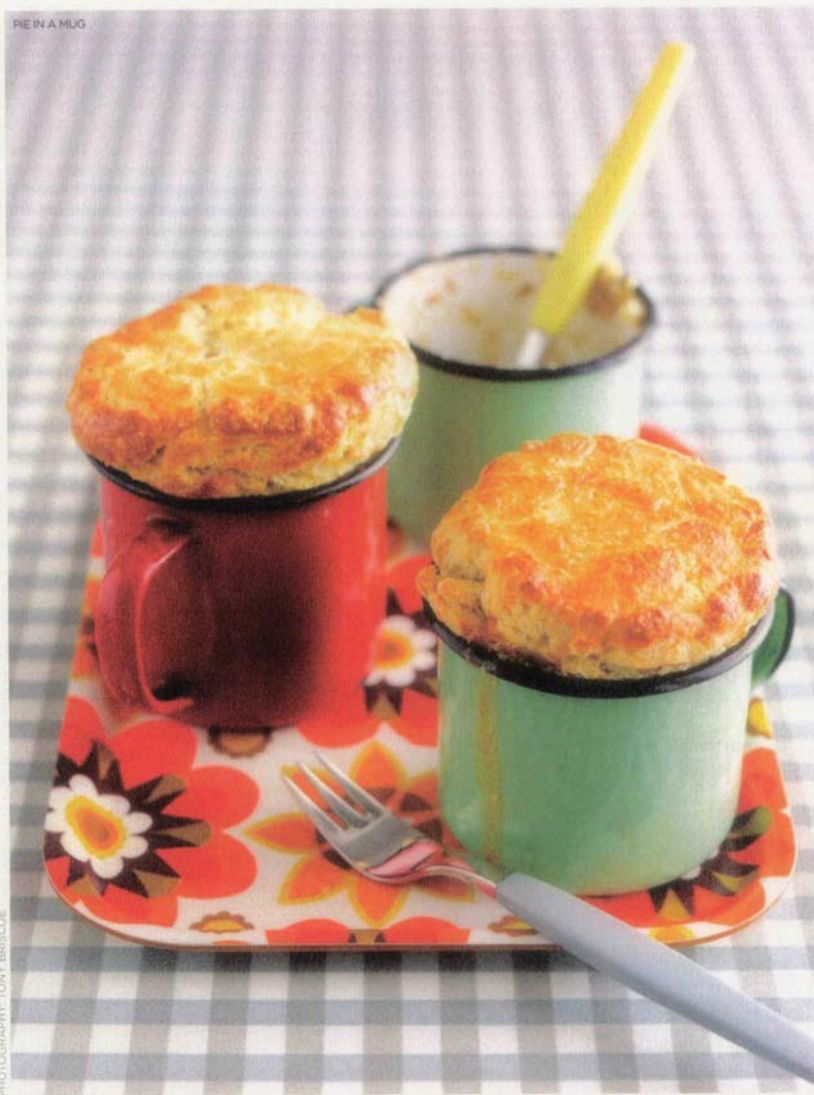
This helps children develop an understanding of their own nutritional needs, and a taste for cooking fresh, healthy, and delicious food, now and throughout their lives.



Hearty & happy

Active kids need nourishing and filling meals to keep them on the go. Try these tasty recipes from vegetarian food writer Nicola Graimes, guaranteed to please any fickle food eaters!

PIE IN A MUG



PHOTOGRAPHY: TONY BRISCOE

Pie in a mug

The hours can whizz by when testing recipes, as my poor family will confirm having had to wait to eat on many an occasion. Happily, this was a recipe that was worth waiting for – it got a universal thumbs-up. The individual pies have a golden cobbler topping and a creamy mushroom and leek filling.

Serves 4 | Prep 20 mins | Cook 50 mins

15g dried porcini
30g butter
1 tbsp olive oil
1 large onion, chopped
2 large leeks, chopped
250g mushrooms, chopped
2 large cloves garlic, chopped
1 tsp dried thyme
1 heaped tbsp spelt flour
100g cream cheese
100ml milk
freshly ground black pepper

For the cobbler topping:
175g spelt flour
60g wholegrain spelt flour
2 tsp baking powder
½ tsp salt
100g cold butter, cubed
2 tbsp nutritional yeast flakes
100ml buttermilk
1 free-range egg, lightly beaten, to glaze

1 Put the dried porcini in a small bowl, and cover with 100ml just-boiled water. Leave to soften for 20 minutes while you get on with preparing the cobbler topping.

2 Put the flours, baking powder and salt in a mixing bowl. Using your fingertips, lightly rub the butter into the flour mixture until it resembles fine breadcrumbs. Stir in the yeast flakes and buttermilk and bring the mixture together into a soft ball of dough. Add more buttermilk or flour, if needed. Wrap in cling film and chill until ready to use.

3 Preheat the oven to 200C/fan 180C/gas 6. Heat the butter and oil in a pan and gently sauté the onion and leeks until softened.



and put on a floured plate. Repeat with the remaining pieces of dough.

4 Bring a large pan of water to the boil, add the dumplings in batches and cook for 3–4 minutes per batch. The dumplings are ready when they float to the surface. Serve the dumplings with your choice of sauce and a sprinkling of Pecorino.

■ PER SERVING 450 cals, fat 21.4g, sat fat 9.8g, carbs 45.9g, sugars 5.4g, protein 19.4g, salt 1.5g, fibre 3.3g

4 Drain the porcini, reserving the soaking water. Finely chop the porcini and add them to the pan with the mushrooms, garlic and thyme. Cook for another 5 minutes until softened and most of the liquid has evaporated. Add the flour and cook, stirring, for 2 minutes. Add the porcini soaking liquid, cream cheese and milk. Stir and cook for 5 minutes, until thickened.

5 Spoon the mushroom mixture into 4 large ovenproof mugs or a dish. Quarter the cobbler dough and form into rounds 2cm thick to fit snugly on top of each mug. Brush the tops with egg.

6 Put the mugs in a roasting tray and bake for 25–30 minutes, until the pies have risen and are cooked through. Leave for a few minutes to cool slightly before serving in the mugs or decanting on to plates.

■ PER SERVING 713 cals, fat 45g, sat fat 26.3g, carbs 61.5g, sugars 8g, protein 16.8g, salt 2.1g, fibre 7.3g

Ricotta dumplings

The dough for these dumplings is easy to make and it's fun to get the kids involved in their rolling and shaping – a step up from

playdough! Serve with the fresh tomato sauce or the roasted tomato and almond pesto, and a salad or veg on the side.

Serves 4 | Prep 20 mins | Cook 20 mins

200g spelt or plain flour, plus extra for dusting

½ tsp salt

250g ricotta cheese, drained

2 free-range egg yolks

30g vegetarian Pecorino cheese, finely grated, plus extra to serve

fresh tomato sauce or roasted tomato and almond pesto, to serve (see recipes, right)

1 Mix together the flour and salt in a large mixing bowl. Mix together the ricotta, egg yolks and Pecorino in a separate bowl. Add to the flour mixture and mix together with a fork and then your hands until combined.

2 Lightly dust a work surface with flour, tip the dumpling mixture out of the bowl and lightly knead with your hands for 2 minutes, until it forms a soft ball of dough.

3 Divide the dough into 4 pieces. Cover 3 of the pieces with cling film and roll out the remaining piece into a long sausage, about 1.5cm diameter. Cut into 1cm-long pieces

FRESH TOMATO SAUCE

Put 1-2 tablespoons of extra-virgin olive oil in a saucepan with 5 good-size deseeded and chopped vine tomatoes and heat gently over a medium-low heat for 8 minutes, part-covered with a lid. Add 2 large crushed garlic cloves and a handful of torn basil leaves or chopped oregano leaves and cook for another 2 minutes. Add another drizzle of olive oil and serve warm or at room temperature.

ROASTED TOMATO AND ALMOND PESTO

- Preheat the oven to 200C/fan 180C/gas 6. Put 250g tomatoes and 3 garlic cloves in a roasting pan, drizzle a little olive oil over the top and toss until everything is coated in the oil. Roast for 30 minutes until the garlic is tender and the tomatoes have started to collapse and colour in places.
- Meanwhile, toast 20g blanched almonds in a dry frying pan for 4 minutes, turning once, until starting to colour. Put the almonds in a mini food processor and blitz until finely chopped, then tip them into a bowl.
- Squeeze the garlic out of its skin and put the cloves in the processor with the roasted tomatoes and 3 tablespoons of extra-virgin olive oil and blend until smooth. Tip them into the bowl with the almonds, stir in 20g finely grated Pecorino cheese and mix until combined. The pesto will keep for up to 3 days stored in an airtight container in the refrigerator.

Cheese puff

Eggs are my go-to food when I'm looking to cook something quick and nutritious. They're also incredibly convenient, versatile and affordable. This simple take on a soufflé makes it a slightly luxurious weekday meal, which is equally good served with a salad as it is with cooked veg.

Serves 4 | Prep 15 mins | Cook 30 mins

10g butter
100g vegetarian Parmesan-style cheese, finely grated, plus extra for sprinkling
200g cauliflower florets
200g broccoli florets
4 large free-range eggs, separated
1 heaped tsp Dijon mustard
200ml whole milk
4 tbsp crème fraîche

1 Preheat the oven to 190C/fan 170C/gas 5. Rub the butter inside a 29cm x 23cm baking dish (or a 25cm round dish)

and sprinkle over 1 tablespoon of the Parmesan-style cheese.

2 Steam the cauliflower and broccoli for 4 minutes, or until just tender, then remove the steamer from the heat, take the lid off and leave the vegetables to dry in the residual heat. While the veg is steaming, beat the egg yolks with the mustard, milk and crème fraîche. Stir in the remaining cheese.

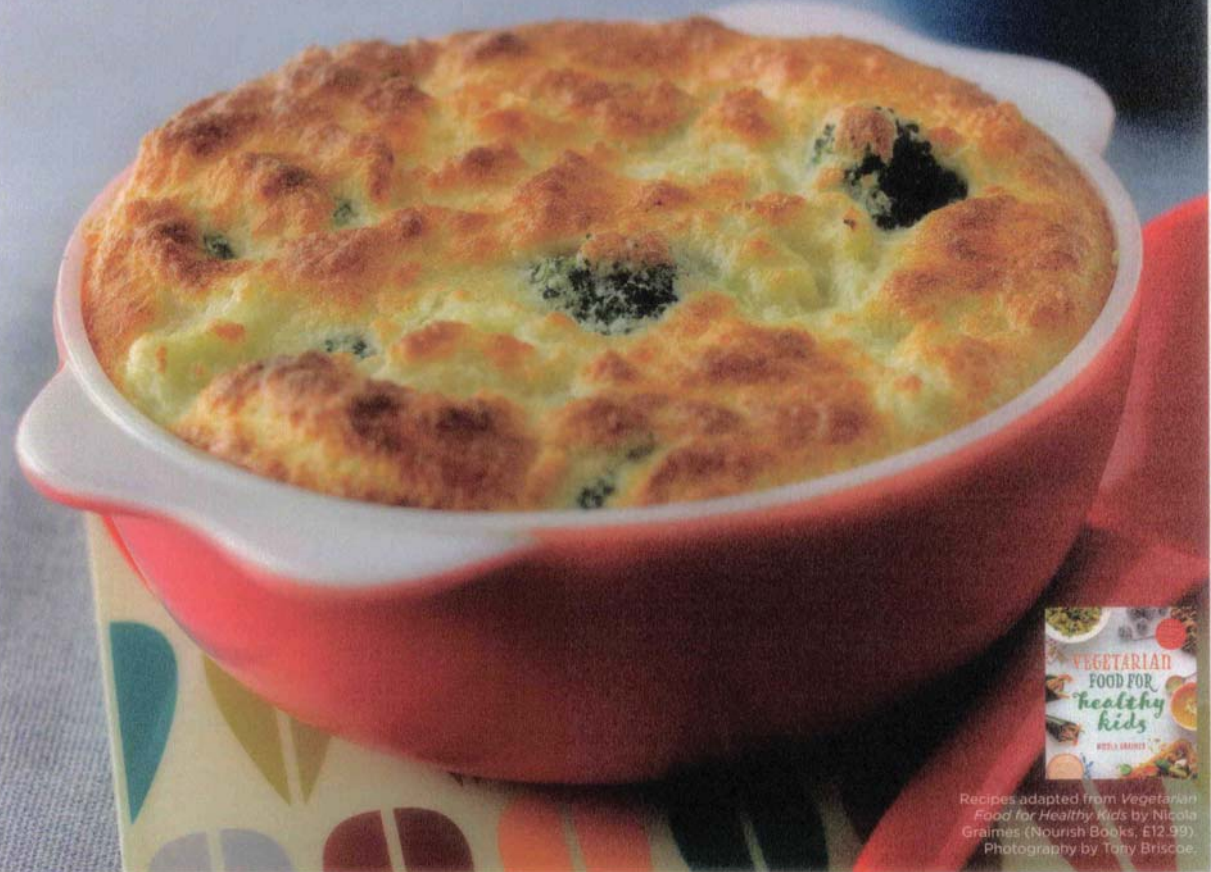
3 Finely chop the cauliflower and broccoli into small florets and add to the cheese mixture in the bowl.

4 In a large, clean, grease-free bowl, whisk the egg whites to stiff peaks. Using a metal spoon, fold a large spoonful of the egg whites into the cheese mixture then add the remaining egg whites, carefully folding them in so you don't lose too much air.

5 Transfer the egg mixture to the prepared baking dish, smooth the surface slightly and sprinkle the top with extra Parmesan-

style cheese. Bake for 25 minutes, or until risen and golden but still with a slight wobble. Serve with new potatoes, salad or your favourite vegetables.

■ PER SERVING 405 cals, fat 31.1g, sat fat 18.3g, carbs 7g, sugars 5.5g, protein 24.6g, salt 1g, fibre 2.9g



Recipes adapted from *Vegetarian Food for Healthy Kids* by Nicola Graimes (Nourish Books, £12.99).
Photography by Tony Briscoe.