

S U M M E R H E A L T H

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FOUR ORGANIC MEAL IDEAS TO KICK-START A HEALTHY LIFESTYLE



BEETROOT, GOATS CHEESE AND POMEGRANATE SALAD

SERVES 2

INGREDIENTS

2 cups rocket
3 small beetroots
80g goats cheese (crumbled)
¼ cup walnuts
2 tbsp pomegranate seeds (from ¼ pomegranate)
¼ cup olive oil
1 tbsp red wine vinegar
½ lemon (squeezed)

METHOD

Preheat oven to 200°C. Use a fork to prick beetroots. Place on a baking tray and bake for 45 minutes or until tender. Set aside to cool. Peel and cut into quarters.

Combine the rocket and beetroots in a serving bowl.

Top with goat's cheese, walnuts and pomegranate seeds.

Combine olive oil, vinegar and lemon juice in a jug and drizzle over the salad.

NUTRITIONAL TIPS

» Despite it staining everything, beetroots have several benefits, making it an ideal vegetable for choice this summer. Its high antioxidant content aids in liver detoxification, improving energy, mood and skin and aiding in weight loss - just ensure beetroots aren't on your reception menu.



WATERMELON JUICE

SERVES 2

INGREDIENTS

¼ watermelon (chopped)
1 cup coconut water
1 tsp fresh ginger (grated)
1 lemon (squeezed)
6 ice blocks
6 mint leaves

METHOD

Place all ingredients in a blender and mix until smooth. Strain through a sieve into a glass. Add ice blocks and mint.

NUTRITIONAL TIPS

» As we know, watermelon is a summer favorite fruit, and it contains 92% water making it a perfect hydrating fruit for choice this summer. Watermelon also contains many vitamins and minerals including Vitamin A, which is essential for glowing skin, hair and eyes, so you can look glamorous walking down that aisle.



COCONUT-CHIA AND RASPBERRY POPSICLES

SERVES 4

INGREDIENTS

1 cup coconut milk
 ½ cup raspberries
 1 tbsp pomegranate seeds
 2 tbsp chia seeds
 2 tbsp agave syrup

METHOD

Combine all ingredients in a large container and mix well. Refrigerate for 2 hours to allow the chia seeds to expand. Pour mixture into 4 popsicle molds and freeze overnight.

NUTRITIONAL TIPS

» This is a great summer dessert or even a snack as it is high in fibre, thanks to the chia seeds, so they keep you fuller for longer. When chia seeds expand in liquid, they develop a gelatinous coating, which helps them to move swiftly through the digestive tract, aiding not only in weight loss, but glowing skin and improves energy levels.



CRUNCHY GRANOLA AND BERRIES

SERVES 2

INGREDIENTS

1 cup rolled oats
 1 tbsp sunflower seeds
 1 tbsp pumpkin seeds
 1 tbsp almonds (chopped)
 1 tbsp goji berries
 1 tbsp desiccated coconut
 ½ cup frozen mixed berries
 ½ cup natural yoghurt

METHOD

Preheat the oven to 170 degrees. On a baking tray, spread the oats and place into oven for 10 minutes until golden brown, occasionally stirring. Remove from the oven and allow to cool.

Defrost the berries. In a bowl, mix the oats, seeds, almonds, goji berries and coconut together.

Layer the berries and yoghurt over the granola.

NUTRITIONAL TIPS

» As there is a wide variety of yoghurt available on the market, it is best to choose organic and biodynamic plain yoghurt as they contain bioavailable live bacteria. Avoid labels containing added sugar, honey, colours, flavours and additives - use fruit instead for flavoring.