

# Tofu Scramble

Calcium is the first mineral most people think of for bone health, but we need a range of nutrients, including magnesium and vitamins D and K. This tofu scramble is a quick and tasty way for everyone to boost calcium levels - as well as those who find dairy hard to digest and vegans.

Spinach, is a great sources of both magnesium and vitamin K, which build and maintain healthy bone tissue. And mushrooms can be a useful source of Vitamin D which supports calcium absorption. So, give this bone supporting combo a whirl - at breakfast, or as a light main meal.



Makes 2 portions




## Ingredients

- 2 spring onions or 1/4 leek, finely diced
- 2 tbsp rapeseed oil, or coconut oil
- 1 x 350 g pack of Firm Silken Tofu
- 1 tsp turmeric powder
- 3/4 tsp vegetable bouillon powder, such as Marigold
- 1/2 tsp paprika
- 1/4 tsp herb salt
- 2 spears of chives, chopped (opt) as a garnish
  
- 200 g chestnut mushrooms, quartered
- 3 large handfuls of baby spinach
- Salt and pepper to taste



## Method

1. Tip tofu into a sieve, break up roughly with a fork and drain well. Then pat dry with kitchen roll. Mix turmeric, veg bouillon powder, paprika and herb salt together - and then stir gently into the drained tofu.
2. Add half the oil to a frying pan and brown the mushrooms lightly over a high heat. Take out of pan. Add spinach to the pan, cover and wilt for 3-5 mins. Take out of pan.
3. Gently fry the spring onion, or leek, in the remaining oil, until soft. Tip the seasoned tofu into the pan and move around very gently until piping hot.
4. Serve all together on two plates and garnish. For added crunch, serve with toasted seeded bread.



Tumeric is full of antioxidants and anti-inflammatory compounds. Curcumin is the main active anti-inflammatory compound, and is what gives turmeric its lovely golden colour. Black pepper contains a compound called piperine, which is thought to enhance the absorption of curcumin. Anti-inflammatory foods may be helpful for reducing symptoms of joint and musculoskeletal pain.

## Turmeric latte

Serves 1



### Ingredients

- 1/2 teaspoon ground turmeric
- 1 cup almond or coconut milk
- 1 tablespoon coconut oil
- Pinch ground cinnamon
- Pinch black pepper
- 1 teaspoon grated fresh ginger, optional
- 1/2 teaspoon vanilla, optional



### Method

Combine all the ingredients in a small saucepan and heat gently until warmed through. Stir with a spoon to combine then pour the milk through a tea strainer.

Place in a blender and blend until frothy, or use a milk frother to froth.

Best enjoyed warm.

# Salmon Fish Cakes

When it comes to bone health, there are several key nutrients that are important including calcium, magnesium and vitamins C and K. Many of us associate calcium with dairy products, but there are other ways we can find calcium in our diet. Using canned salmon with bones here really boosts the calcium content. Broccoli is also a good source of calcium, as well as magnesium and vitamins C and K, so adding a side of broccoli to the fish cakes makes this a super meal for healthy bones.

Serves 4 (makes about 8 fish cakes)



## Ingredients

- 2 medium potatoes
- 2 cans red salmon (with bones), drained
- 100g smoked salmon, chopped
- 2-3 tablespoons ground almonds
- 1 egg, lightly beaten
- 100g frozen peas
- Large handful spinach, finely chopped
- 1-2 tablespoons olive oil or coconut oil



## Method

1. Steam the potatoes over boiling water until soft. Mash with a fork and allow to cool. Set aside.
2. In a large bowl combine canned & smoked salmon, mashed potatoes, ground almonds, egg, frozen peas and spinach and mix to combine. Add more almonds if needed.
3. Divide the mixture into equal portions and shape into patties using your hands. You should get around 8-10 patties. Place in the fridge for 30 minutes to set.
4. Heat the oil in a fry pan over moderate heat and gently fry until lightly browned.
5. Served here with a tomato and spinach salad, steamed broccoli and tomato chutney.