

# Nourish bowl



Nourish bowls are all the rage at the moment, and for good reason. They are bursting with nutrients and can provide a quick and balanced meal in minutes. Eating balanced meals, rather than picking at sugary snacks and refined carbohydrates throughout the day is important when looking to minimise the effects of burnout. The simplest way to build a nourish bowl is by having some basics pre-prepared, such as quinoa or brown rice, protein and pre-cooked vegetables then it is just a matter of arranging your bowl.

Serves 2

A nourish bowl can be what you make it, with a few important basics. Greens, which form the base of the bowl, are an excellent source of vitamins and minerals such as magnesium, which helps us feel relaxed and better handle stress. Protein is important for our mood-controlling brain chemicals, and can be either plant or animal-based. Complex carbohydrates, such as quinoa and brown rice, provide slow release energy helping keep blood sugar levels stable. And including health fats, such as oily fish, olive oil, nuts and seeds will help keep you feeling full for longer, and help support our mood. Seeds are a source of omega 3 fats, known for improving mood and helping brain chemicals to do their job. They also provide zinc, which is a natural anti-depressant.



## Ingredients

- 2 x 100g salmon fillets
- 2 teaspoons dukkha spice (or Za'atar spice)
- 1 cup uncooked quinoa
- 2 handfuls of greens/leaves for the base
- 100g broccoli, lightly steamed
- 2 large dollops of hummus (here with beetroot)
- 2 carrots, grated
- 75g cooked broad beans, skins removed
- 2 tablespoons Sauerkraut
- 100g cherry tomatoes, halved
- 50g toasted sunflower seeds
- 1 tablespoon olive oil
- 1 teaspoon Tamari soy sauce
- Juice half lemon



## Method

Preheat the oven to 180°C.

Spread the dukkha over the salmon fillets & place under a medium-hot grill & cook for around 8 minutes or until just cooked (cooking time will depend on thickness of salmon). When cooked, remove from heat & set aside.

Meanwhile, rinse the quinoa under running water & cook according to packet instructions. When cooked and fluffy, strain & set aside to cool.

To assemble the nourish bowl, line the base of your bowl with the leaves. Then build your bowl, adding the other ingredients. Finishing with a sprinkle of sunflower seeds & drizzle with olive oil soy sauce & lemon juice.

# Vitamin C Smoothie

Vitamin C, a water-soluble vitamin, is a powerful antioxidant found in vegetables and fruits. Humans are unable to synthesise vitamin C endogenously, so it is an essential dietary component. It helps the body form and maintain connective tissue, including bones, blood vessels and skin. It also helps boost the immune system. Vitamin C's least known and most powerful function is in helping with depression and anxiety.



Serves 1



## Ingredients

- 1 half a ripe mango
- 1 handful of cashew nuts
- 1 large handful of fresh spinach leaves
- 150ml almond or coconut milk
- Cinnamon to sprinkle
- Organic blueberries or raspberries for decoration



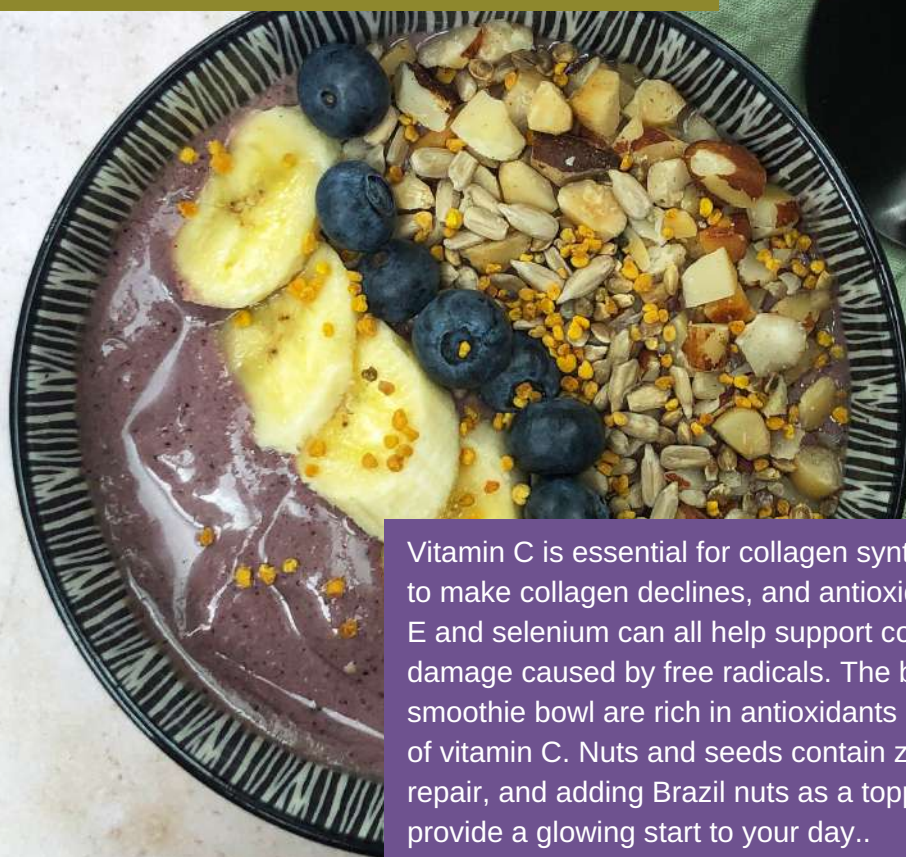
## Method

Put all ingredients (starting with the mangoes, then almond milk) in your blender and blend until smooth.

Once ready, pour in a glass. Add blueberries and sprinkle with cinnamon.

If you need extra protein and some crunch, you can sprinkle a few more cashew nuts.

# Feel the glow smoothie bowl



Vitamin C is essential for collagen synthesis. As we age our ability to make collagen declines, and antioxidants such as vitamins A, C, E and selenium can all help support collagen production by reducing damage caused by free radicals. The blueberries and acai in this smoothie bowl are rich in antioxidants and supply a valuable source of vitamin C. Nuts and seeds contain zinc which is important for skin repair, and adding Brazil nuts as a topping provides selenium to provide a glowing start to your day..

Serves 2



## Ingredients

### INGREDIENTS

- 50g cashew nuts, soaked
- 125g frozen blueberries
- 100g frozen acai pulp, unsweetened and cut into chunks
- ½ cup coconut water
- ½ cup yoghurt kefir (or coconut kefir)
- 2 teaspoons chia seeds
- 1 handful frozen zucchini

### *Suggested toppings*

Finely sliced banana, mixed berries, sliced pear, sliced kiwi fruit, chopped Brazil nuts, sunflower seeds, hemp seeds, bee pollen, sugar-free granola, protein powder, cacao nibs, goji berries, coconut shavings.



## Method

1. Soak the cashew nuts in a bowl of warm water for 10 minutes then drain and discard the water.
2. In a food processor/blender add the cashew nuts, blueberries, acai pulp (be sure to cut into chunks before adding to the blender to make it easier to blend), coconut water, kefir, chia seeds and zucchini and blend until smooth. If too thick, thin with water or to thicken, simply add a handful of ice and blend again.
3. Pour the smoothie mixture into a bowl and choose from the toppings suggested above.

# Balancing Almond Butter Smoothie



This smoothie is full of blood sugar balancers:

- **Protein** from the almond butter, whey protein and plant milk help slow the release of sugar into the blood
- **Cinnamon** balances your blood sugar levels and adds some sugar free sweetness to the smoothie
- **Magnesium** from almonds, watercress and cacao powder helps you to relax and de-stress

Serves 1-2



## Ingredients

- 1 handful of watercress
- 1 half a banana
- 2 tbsp pure almond butter
- 2 tbsp organic whey protein powder
- 1 tbsp cacao powder (preferably raw cacao)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 fresh medjool date (optional)
- 300ml unsweetened soya or almond milk



## Method

Put all ingredients (starting with the solid foods, then the liquid) in your blender and blend until smooth.

Once ready, pour in a glass and sprinkle with more cinnamon and cacao powder.

If you like a bit of crunch, you can sprinkle on some chopped almonds, or some more cinnamon.