



Issue 2

November 2017

Holly's Wholesome Kitchen

Ways to my heart:

Buy me food

Make me food

Be food



Hello and welcome to issue 2 of my newsletter! I can't thank you enough for all the encouraging and positive feedback I've received so far, I am truly humbled.

It makes me very happy to think that my ramblings are actually helping y'all and that the things I've learned and put into practice in my life will benefit others in some way.

November's theme is all things 'Skin'. Our skin is our armour, it is complex and strong but being at the bottom of the organ 'pecking' order, it can become sensitive and over-worked. As the weather gets chiller, it's even more important to make sure it is nourished properly.

All of the following recipes will help to fortify the skin, from within as well as optimising balance, harmony and alignment for body and mind.

Wishing you a victorious November, stay warm and snuggly.

All my love and encouragement,

🍁🍁🍁Holly🍁🍁🍁

Spicy Cauliflower, Chickpea & Spinach Curry

This has to be one of my all-time favourite curries. Not only is it a riot for the tastebuds, it is also perfectly nutritionally-balanced. The mix of spices is wonderful and it is a cinch to make which is perfect if you don't have much time in the evenings.

Shopping List: 1 x cauliflower, 1 x can of chickpeas, 1 x bag of spinach, 1 x can of chopped tomatoes, 1 x can of coconut milk, 1 x tspn each ground cumin, paprika, & turmeric, thumb-sized piece of ginger, fresh coriander, brown rice, salt & pepper to taste, cashew nuts (optional)

Method: This recipe couldn't be simpler to put together. 1) Finely chop onions and ginger and fry until translucent. 2) Add spices and fry for 3 mins. Add cauli, chickpeas, coconut milk and toms. 3) Get rice going. 4) Add cashews to curry and simmer. 5) Add spinach to the top of the mix (do not stir, just wait for it to wilt). 6) Serve with rice, coriander and some vegan coconut yogurt. This combo is totally divine and it's sooo warming and nourishing.

Prep time: 10 minutes, **Cook time:** 35 minutes

Serves 4 vegan/vegetarian/gluten & dairy-free



Nutritional Benefits:

Cauliflower is abundant in Vitamin C, imperative for skin health. It is also high in magnesium which can help within the underlying causes of acne.

Chickpeas are a bit of a nutritional marvel. It may look rather inconspicuous but it certainly packs a nutriticious punch. Not only do they improve digestion (integral for the elimination of toxins from the body), they also help to control blood sugar levels – keeping this balanced is one of the most important ways to keep the skin on an even keel. Spikes in sugar levels can contribute to excess sebum and those pesky, blocked pores.

Turmeric. Well, where do I begin? If I could roll around in this stuff, I would! Turmeric is without a doubt, the most brilliant thing I've discovered in terms of skin health. It contains something stupendous called curcumin; an absolute anti-inflammatory marvel! Turmeric can be added to almost everything, I like it in my morning smoothie (a little goes a long way).

Coriander is a bit of an acquired taste, I blinkin love it! It's so fragrant, fresh and vibrant! It makes any curry beaut! It is also anti-fungal, anti-bacterial and antiseptic – simply wonderful for the skin.

*“Optimum nutrition is
the medicine of
tomorrow”*

Linus Pauling

Raw Date, Cashew & Cacao Energy Balls

Hang about! These wicked balls of ultimate nutrition are jam-packed full of delicious and healthy ingredients, all perfect to nourish your body and boost brain function. Dates are sweet yet virtuous and their high fibre content will keep things regular allowing for effective elimination of toxins. Cashews are high in protein and copper which rejuvenates the skin and makes it glow-glow-glow! Raw cacao powder well and truly has its superfood halo in-place; it's crammed with zinc the ultimate skin-healer. It promotes cell regeneration and applied topically, it can reduce the swelling of acne pimples.

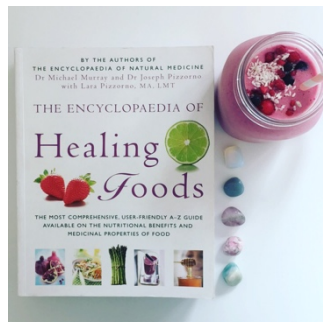


Ingredients: 250g dates, 250g cashew nuts, 3 tbsp each of cacao powder, coconut oil & water, 100g gluten-free oats.

Method: Pulse dates & nuts until (roughly) chopped in consistency. Add melted coconut oil, water and cacao powder and oats. Pulse until mixture is (90%) smooth, (basically until there are no large lumps). Leave to sit for 10 minutes then take 50g (ish) sized amounts and roll into balls. I like to cover mine in cacao powder, chopped almonds or desiccated coconut then chill for at least an hour before devouring! These little nuggets really are the best refined sugar free snack and they will keep for up to 5 days in an airtight container (refrigerated).

Literary Corner

The *Encyclopaedia of Healing Foods* is literally my bible! It is without a doubt the most comprehensive book I've discovered detailing most foods, vitamins and minerals and how they can be used as medicine to treat and heal various diseases. The section on Skin is amazing and it has helped me a million times over. Each time I pick it up, I learn something new. I can't recommend this book enough, especially if you have particular skin ailments that you are trying to solve.



Top 5 Tips for Glowing Skin

- 1- Drink more water! This is, without a doubt, the single best thing you can do to keep skin clear and glowing. If I can, I drink filtered water with a squeeze of fresh lemon juice. If I'm feeling fancy, I'll infuse a litre bottle with mint, lime and cucumber – it's so refreshing. Water cleanses the liver and assists in facilitating regular elimination (which stops toxins and hormones from being reabsorbed into the body. Coconut water is also amazing and loaded with potassium and electrolytes.
- 2- Cut back or eliminate refined sugar from the diet. Sugar feeds all the unfriendly bacteria and can lead to inflammation – which can make skin puffy.
- 3- Take a nutritional supplement. There are sooo many supplements on the market, it's hard to know where to begin. Zinc is amazing for healing and vitamin C is absolutely crucial for cell repair. Although we can gain enough vitamins and minerals from our diet, I feel that I sometimes need a bit of a boost and that's when I re-introduce supplements into my daily routine. I am currently taking: Vitamin B & C, Zinc, Bioacidophilus and NAC. I would recommend speaking to a health professional before doing so.
- 4- Scrubba-dub-dub! If you have some coconut oil and brown sugar lying around, you've got yourself a very nifty, cheap-as-you-like, nasties-free skin buffer! This works so beautifully and leaves skin feeling soft, nourished and hydrated. You can add chai seeds and lemon juice too for a bit of added zing. Bufftastic!
- 5- 10 minutes of Yoga each day will work wonders for balancing body, mind and skin and will get energy flowing in harmony around your body positively impacting the skin.



November's Morning Mantras

I am really happy to say that my little 'Morning Mantra' section is a keeper! I've had some wonderful feedback about this particular addition to my last newsletter so I thought I'd pop-down 5 more that can be repeated (as many times as you like), each day. I find that getting into a routine of saying positive affirmations to myself on a daily basis really helps me to focus and balance my mind. It helps to shift my thoughts from sometimes a 'bleugh' attitude to one that makes me feel good and ready to tackle the day.

🌸 Today is going to be amazing and full of laughter

🌸 I am joyful, happy and kind

🌸 I can surmount any obstacle

🌸 I create value each day

🌸 I believe in myself and can achieve anything

Bang Tidy Mango Lassi Smoothie



Right then! As smoothies go, this is at the very top of the ‘banging’ list! I also like to call it ‘The Cleanser’ on account of its amazing detox abilities. It tastes like a dream and it has wonderful, beautifying effects on the body. Mango is loaded with vitamin C which helps with collagen maintenance and it is also high in Vitamin A, crucial for skin and hair health. It can also be used topically to clear clogged pores. The mighty pineapple has some rather fabulous health benefits too; it has amazing anti-inflammatory properties which will assist in fortifying the immune system and it tastes like summer so that’s all good! This blend could actually be mistaken for a Piña Colada (of the Virgin kind).....

Ingredients: 1 x fresh, juicy mango, ¼ of a pineapple, juice of half a lime, 3 x tbsp coconut milk, small handful of cashews, few sprigs of fresh mint, coconut water (to cover) & ice.

Simply blend until smooth and serve over ice. I like to add some more fresh mint to make it look pretty and on the odd occasion, I’ll add a dash of white rum!

Tried & Loved

Sugar! Ahhhhh! I just LOVE a sticky, gooey iced bun with a proper cup of Yorkshire tea! Who doesn’t, hey?!? For a long time, I didn’t connect the dots between eating refined sugar and skin health (or, I decided to ignore what I already knew is more like it!). Refined sugar can cause a chain of events within the body which can ultimately lead to inflammation. Inflammation has been linked to acne, dermatitis and psoriasis (amongst many other non-skin related issues). I think that it’s important to eat all of the foods groups and to have a lovely sticky finger or an apple turnover is a most definitely a great idea, in moderation. From experience, I can’t tell you how much better I felt when I moved over to using coconut sugar and nectar in my recipes instead of refined, white sugar. My headaches subsided, I no longer craved sweet things and my energy levels increased. I felt as though I was cruising at constant rather than dipping and soaring! If you’d like to try coconut sugar, this one by SuperNutrients from Grape Tree is organic and totally scrumptious.



Thank you so much for reading your beautiful lot, I've loved putting this newsletter together. December's issue will have lots of festive-themed scrumptious food ideas and I'll be testing-out some new, amazing products.

Lots and lots of love xxx

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