



## Get Back on Track easily with Juice, Soup and Salad

Workshop with Kate Harris

Juice Therapist, Life Coach at Sandwell Farmhouse Retreat

- Why is Juicing so good and fun too?
- How to make it fit into your routine, lifestyle and budget easily
- What are phytonutrients, the PH Scale, Alkaline, Ketogenic and Intermittant fasting approaches?
- How to boost your health easily and maintain your balance?
- All in one half day workshop with take home juice and information/recipes
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Hints and tips to make juicing work for you.

Try out shots, juices, juicers before you buy! Or resurrect them, blow off the cobwebs and re-energise your new year! Plus book recommendations!

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## Simple Salads and Soups

Here are a few simple recipes for lunch or supper! You can adapt them easily by changing the vegetables e.g. roast veggies work well with quinoa – beetroot and sweet potatoes roasted in coconut oil with fennel seeds and rosemary. Or use roasted veggies on a bed of mixed leaves with a lovely dressing:

Half lime juice, big teaspoon of wholegrain mustard, 2 teaspoons tamari, 1 teaspoon of maple syrup or pomegranate syrup, 1 tablespoon of olive oil – shake up and keep in a bottle. Pour this on a mixed green salad for a quick alkaline fix!

And scatter a few nuts on or roasted pine nuts!



### Roasted Beetroot & Sweet Potato salad

### Quinoa, peppers, capers and a little feta salad

100g quinoa  
Handful of olives chopped  
1 pepper sliced  
50g feta crumbled  
1 tablespoon of capers  
2 tablespoons of pomegranate seeds  
3 tablespoons of olive oil  
2 teaspoons of balsamic vinegar  
Big handful of mint or coriander finely chopped.

Cook the quinoa, allow to cool and add all the ingredients. Mix the oil and vinegar pour over, mix and sprinkle on herbs of your choice.

Quinoa is a brilliant alternative to wheat or other grains with lots of complete protein, calcium, magnesium, Vitamin B and E! It's quick and easy to cook, just remember to rinse it well before boiling to remove the saponins on the outside which can make it a little bitter if left on.

- Peppers are great for skin health helping to protect collagen from damage. Great for blood vessel health One-quarter cup of walnuts, for instance, provides more than 100 percent of the daily recommended value of plant-based omega-3 fats, along with high amounts of copper, manganese, molybdenum, and biotin
- Walnuts may help reduce not only the risk of prostate cancer, but breast cancer as well
- Walnuts contain the amino acid l-arginine, which offers multiple vascular benefits to people with heart disease, or those who have increased risk for heart disease due to multiple cardiac risk factors
- Walnuts contain several unique and powerful antioxidants that are available in only a few commonly eaten foods
- Walnuts may improve sperm quality, help with weight control, and offer support for brain health and type 2 diabetes



### Artichoke Hearts with Feta

7oz can artichoke hearts chopped in 4, 2 tbs olive oil, juice of lemon, 30z feta cheese diced, 2 tbsls pumpkin seeds, chopped herbs, pinch of sumac if you have it!

Mix hearts with olive oil, lemon juice in bowl, fold in feta and seeds. Garnish with herbs. Quick and easy! And alkaline!  
From Honestly Healthy by Natasha Corrett & Vicki Edgson.

Great for diabetes as contain inulin that stabilizes blood sugar levels. For the liver protecting it from inflammatory damage and encourages more bile production too. Protection from gallstones and relief from constipation. Reduces bad cholesterol.



### Butternut squash and red lentil soup bubbling in the pot today!

1 butternut squash chopped up  
2 onions diced  
2 cloves garlic  
Mug of lentils  
1 litre of vegetable stock  
coconut oil

Gently fry the onions and garlic in the coconut oil for a few minutes, add the squash and sweat for 5 minutes then pour on the stock and add the lentils. Simmer for 25 minutes, cool and liquidise adding extra stock as necessary. It's best to keep the consistency thick so that you can freeze some if you like and add in stock afterwards - saves storage space in the freezer!

Optional extras! beetroot cubed makes it even healthier and gives a beautiful colour, turmeric, cumin and coriander for a spicy flavour and huge health benefits. Roasted pine nuts to garnish are lovely too! Enjoy

Lovely **summery salad** to make with beef tomatoes, mozzarella, basil, a few olives, olive oil and pepper! Italy on a plate!





### Super red cabbage and beetroot salad!

Half a small red cabbage sliced

Half a red onion sliced thinly

1 red pepper sliced

1 carrot grated

1 small raw beetroot grated

Half a grated garlic clove

2 tablespoons flaxseed oil (could use olive oil)

1 teaspoon honey

1 teaspoon balsamic vinegar

1 teaspoon of toasted sesame seeds (pan roasted by careful not to leave!)

Salt and pepper

Mix all veg together. Mix oils, vinegar, honey and pour over. Sprinkle on sesame seeds.

Great for eczema, joints and bones, colds and flu, heart disease, high cholesterol. Very anti inflammatory.



### Alkaline Green Super Soup!

Spoonful of coconut oil for cooking

1 chopped onion

2 crushed garlic cloves

1 chopped celery stick

1 chopped courgette

1 chopped broccoli head

1.5 pints bouillon stock

Small handful of chopped green beans

Small handful of green peas

5 oz asparagus chopped

3 oz spinach leaves torn

Lightly fry the onion and garlic, add the courgette and broccoli for 5 mins.

Pour on stock, boil and simmer for 5 mins. Add beans, peas, asparagus and spinach, simmer for 5 mins or until just tender. Season well and cool slightly before blending to a lovely smooth consistency. Thin as required. If you wish to freeze it might be good to reduce the fluid slightly and add more when thawed – saves space in freezer!



## Courgette and Walnut spiralized salad

Courgetti, spinach and rocket, walnuts, mixed fresh herb and avocado salad

Spiralize a large courgette

Cube a ripe avocado

Large handful of mixed leaves of any kind

Chopped basil/mint/parley/coriander whatever you have!

Lemon and olive oil dressing

Salt and pepper

You could add feta or a poached egg for some extra protein but the walnuts provide a wonderful source of protein and omega 3! Here are more benefits of walnuts from Dr Mercola!

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