

## 4 must have pantry items!

If you continue to do what you've always done, you'll continue to have what you've always had. What you focus on, more often than not becomes your reality. Do you focus on healthy foods as being boring and bland? Or do you think of new foods as an opportunity to bring in variety, to add a new dimension and nutrients to your regular eating habits?

**Challenge yourself to try some new foods this year - start with the 4 must have items below!**

### 1. Berrylicious

#### Why berries?



Berries are real nutrient powerhouses! Berries are literally bursting with nutrients and flavour, yet very low in kilojoules. Recently, researchers at Tufts University analysed 60 fruits and vegetables for their antioxidant capability. Blueberries came out on top, rating highest in their capacity to destroy free radicals.

#### How?

Fresh berries may not always be available or affordable but frozen berries are! For those of you who know us - you know we love our smoothies and berries are a must for this ideal on-the-run meal. Keep berries on hand in the freezer to toss in with some yoghurt, a handful of nuts and ice cubes.

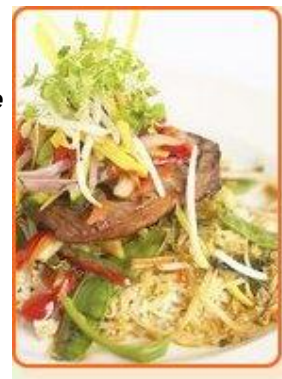
### 2. Sprouts

#### Why sprouts?

***"Wanted! A vegetable that will grow in any climate, will rival meat in nutritive value, will mature in 3 to 5 days, may be planted any day of the year, will require neither soil nor sunshine, will rival tomatoes in Vitamin C, will be free of waste in preparation and can be cooked with little fuel and as quickly as a ... chop."***

***Dr. Clive M. McKay, Professor of Nutrition, Cornell University***

Found: Sprouts! Sprouts are a veritable fountain of youth. Sprouts abound with antioxidants, protein, chlorophyll, vitamins, minerals, enzymes and amino acids. Since aging is, to a large extent, caused by enzyme depletion, slowing the aging process might be a matter of eating lots of enzyme-rich food every day along with an adequate intake of vitamins and minerals. Sprouted seeds, grains, and legumes are the most powerful enzyme-rich foods that exist.



#### How?

Easier than making your own and cheaper than buying - sprout your own using a sprouter - available in most health shops or large pharmacies. If you are really eager, sprouts can be grown in a glass jar with cheesecloth - this takes extra effort to ensure proper draining.

#### Great ways to serve sprouts:

- Add to salads
- Stir-fry with almost any other vegetable
- Blend into smoothies or juices
- Mix with soft cheeses for a crunchy dip
- Top grilled cheese sandwiches when serving
- Stir into soups or stews when serving
- Top omelet or scrambled eggs
- Combine in rice or barley
- Use as sandwich fillers



### 3. Chili



#### Why chilli?

This is the plant that puts fire on your tongue and maybe even a tear in your eye. Chilli peppers belong to the family of foods bearing the Latin name Capsicum. We like chilli so much due to its many health-promoting benefits such as fighting inflammation, providing natural pain relief, clearing congestion and boosting immunity. We guess the idea that chillies may also help with weight loss may also get you excited about them!

#### How?

Add to almost any dish either raw or slightly cooked (as you would prepare garlic or onion).

Try something exotic with your hot chocolate:

#### INGREDIENTS:

- 2 cups (500ml) skim milk
- 1/2 vanilla pod, split lengthwise (use ¼ teaspoon vanilla essence if you can't get fresh pods)
- 1 red chilli pepper, split with seeds removed or ¼ teaspoon chilli powder
- 1 cinnamon stick,
- 45g chocolate (bittersweet)

OPTIONAL: 2 teaspoons sugar, honey or xylitol to sweeten

#### PREPARATION:

Simmer milk in a saucepan with vanilla pod, cinnamon and chilli. Heat through for a few minutes but don't allow milk to boil. Strain. Whisk in grated chocolate and continue to simmer until melted. Remove from heat and let 'steep' for another 10 minutes.

#### Two useful tips for dealing with chilli:

- ✎ Be very careful when you are handling and cooking fresh chilli peppers. One of their most pungent compounds, capsaicin, can cause a severe burning sensation if it touches your skin or lips, or comes in contact with your eyes.
- ✎ If you find you can't take the heat, cool off with milk or plain yoghurt or a small piece of chocolate. A protein in milk called casein can help douse capsaicin's fire.

### 4. Barley

#### Why barley?

Barley is a wonderfully versatile grain with a rich nutlike flavour and an appealing chewy consistency. In addition to its flavour, barley's claim to nutritional fame is based on its being a very good source of fibre, selenium and other minerals.

If you wish you were more regular then let barley give your intestinal health a boost. Barley's dietary fibre is high in beta glucan, which helps to lower cholesterol by binding to bile acids and removing them from the body.

Barley is also slow releasing and thereby promotes sustained energy and keeps you feeling fuller for longer!



#### How?

Use barley as a healthy accompaniment to any meal. It makes a perfect replacement for rice, pasta or potato. Barley makes delicious salads for summer or winter. TIP: Barley freezes well so cook in bulk and freeze.

