



alliance for
natural health
INTERNATIONAL

Recipes



ANH TEAM
FAVOURITE
FESTIVE FOODS

Winter
2023/24



W

ishing you all a very happy, healthy and abundant festive holiday this year!

If you're going for a full festive spread, we know you'll have the main dish covered, be it a turkey or a nut loaf, but we wanted to share some of our favourite dishes that make Christmas what it is in our homes. You'll find a contribution from each one of us in the team and a couple extra from Melissa and Mel – with that all-important health information on each one too.

If you're still stuck for what to do for the main course, there's a truly scrummy nut roast recipe in our book **RESET EATING...**

Whatever you end up cooking, don't forget to raise the vibe in the kitchen with music and laughter so you can infuse your food with love. Have fun and let your food creativity flow.

Here's to 2024 and much more to come in the **RESET** series!

With love

Ros

Mel

Melissa

Marta

Mel +

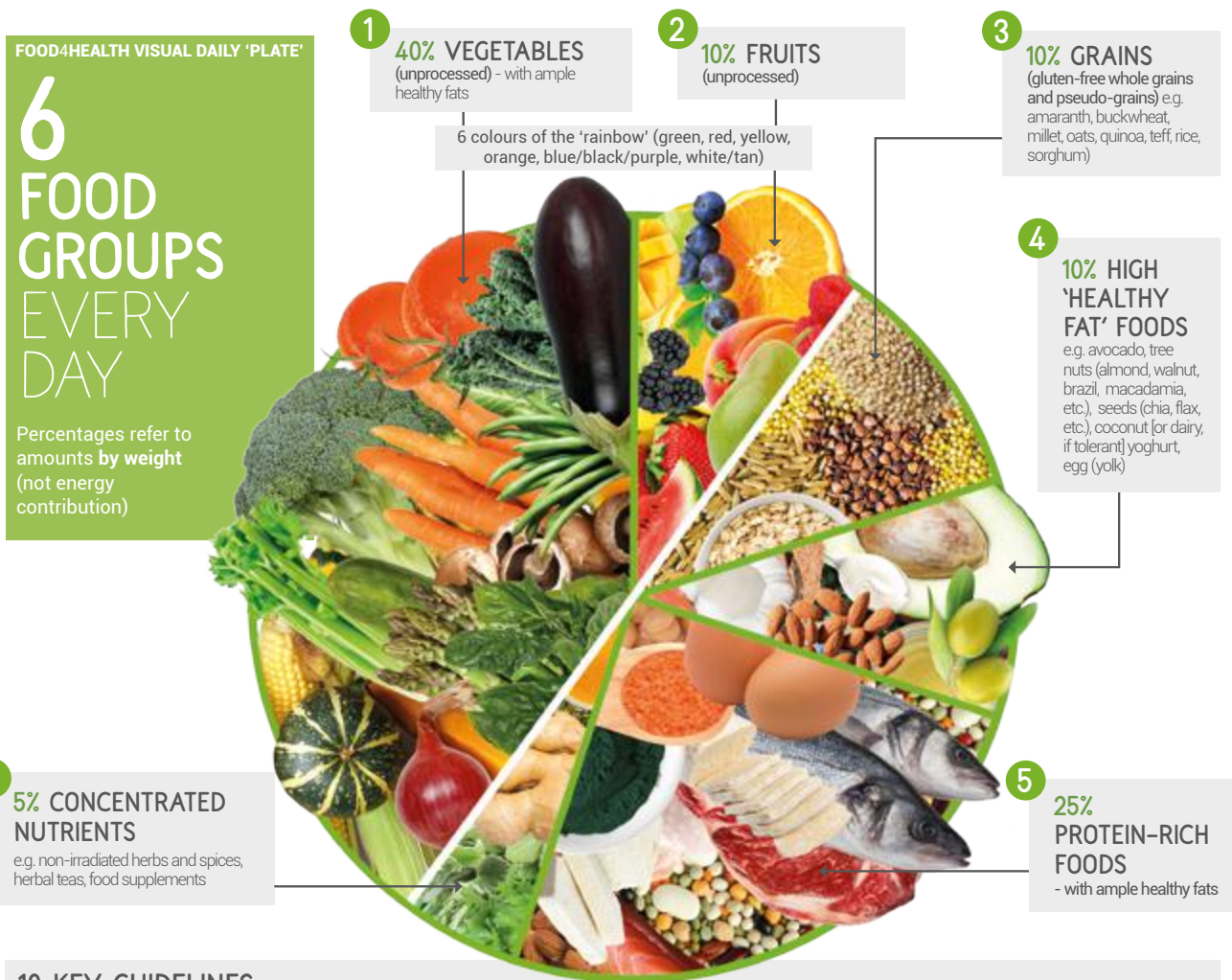
FOOD4HEALTH GUIDE

Revision 1, June 2018

FOR ADULTS AND CHILDREN OVER 6

Plant-dominant, diverse, low starchy carb, anti-inflammatory, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Intermittent fasting, that includes 5 hours or more between meals and 12 hours or more overnight, coupled with regular physical activity and ample rest, is the foundation for a healthy lifestyle.



10 KEY GUIDELINES

1. Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily 'plate' illustrated above
2. Minimise consumption of highly processed foods and avoid all refined carbohydrates
3. Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan)
4. Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
5. Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado oil, safflower oil, and butter or ghee (the latter two only if no lactose intolerance). Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia
6. Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
7. Avoid snacking and try to maintain 5 or more hours between meals
8. Consume at least 1.5 litres of spring or filtered water daily between meals (more if exercising intensively)
9. Avoid all foods which trigger sensitivity, intolerance or allergy
10. Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)



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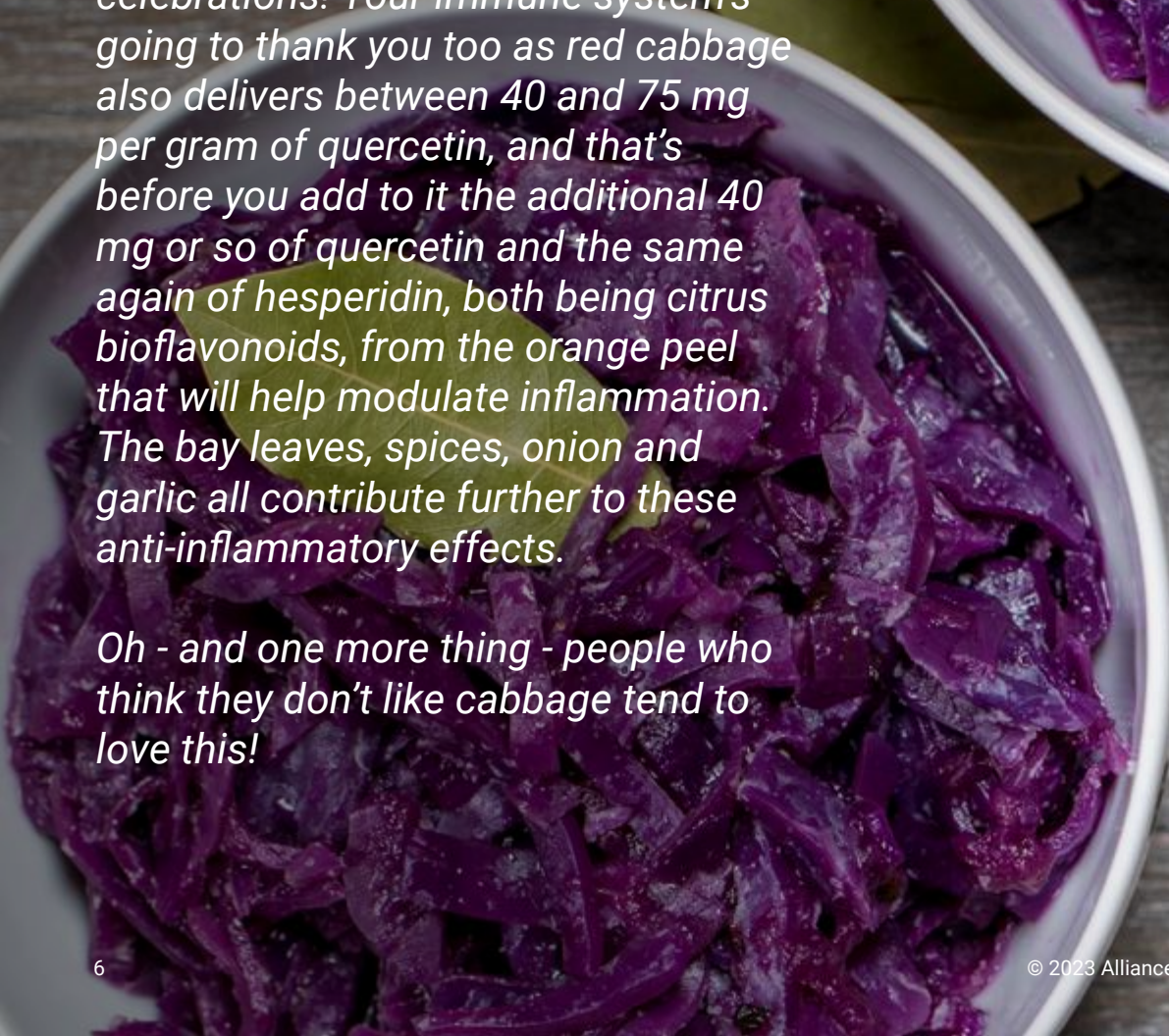
From Rob Verkerk

Why this dish is good for body, mind and spirit!

I struggle to not make this - or a slight variation on it every Christmas. It's long been a family favourite. It's the perfect side to a wide variety of Christmas meals - and has an abundance of flavour, health giving and heart-warming ingredients. It's my slight modification on a traditional Dutch red cabbage recipe, 'rode kool'.

What's so good about the dish is that red cabbage is the king of crucifers when it comes to antioxidant or free radical scavenging. We can all do with a bit of 'recovery' when exposed to the excesses of the end of year celebrations! Your immune system's going to thank you too as red cabbage also delivers between 40 and 75 mg per gram of quercetin, and that's before you add to it the additional 40 mg or so of quercetin and the same again of hesperidin, both being citrus bioflavonoids, from the orange peel that will help modulate inflammation. The bay leaves, spices, onion and garlic all contribute further to these anti-inflammatory effects.

Oh - and one more thing - people who think they don't like cabbage tend to love this!



'Rode Kool' (Red Cabbage) Recovery Recipe

Rainbow Rating



Protein	Fat	CHO	Fibre g
8%	47%	45%	29.30

Serves 4 - 6

Prepare 20 min

Cook 2 hours

- 1 medium to large (or two small) organic red cabbage head
- 1 large (or 2 medium) brown or white onion, finely copped
- 2 garlic cloves, peeled and crushed
- Organic butter (~30 g)
- 2 apples (e.g. Granny Smiths, Cox's, Braeburn)
- 2 pears (e.g. Conference)
- 3 bay leaves
- 1/3 tsp ground cloves
- 1/3 tsp ground cinnamon
- 1/3 tsp ground nutmeg
- 1/4 cup organic apple cider vinegar (with mother) e.g. Braggs
- 1 tbsp raw cane sugar
- 1 organic orange (for zest)
- Bacon lardons or 3 slices of thin cut bacon (optional)
- Parsley (for decoration)

- 1** Cut the red cabbage into 4 quarters. Remove the hard, white central stem in each quarter (I give this to my rabbit, save it for a soup, or find some other culinary purpose for it). Then finely shred the cabbage (with a knife, a vegetable slicer or food processor). Core the apples and pears or quarter and and remove cores and seeds, and cube ready for cooking.
- 2** Chop onion finely, crush garlic cloves and fry in butter in a large saucepan until golden. Add one-third of teaspoon each of ground cloves, cinnamon powder and ground nutmeg, and fry gently for a say half a minute before adding shredded cabbage and cubed apple and pear. Throw in quarter cup of organic apple cider vinegar, 1 tablespoon of raw cane sugar and three bay leaves.
- 3** Simmer on very low heat (I use a diffuser on gas stove) for around 2 hours with a lid on the saucepan, stirring from time to time. If the mixture is looking too watery you can simmer for a while with the lid off to evaporate off some of the water. Conversely, if it's getting too dry, add around half a cup of water to keep it sufficiently moist. Getting the moisture level right is key - there shouldn't be spare water at the bottom of the pan, nor should the cabbage and fruit be dry. You want it just nice and moist.
- 4** When this slow cooking is complete, now add salt (to taste) - add it any earlier and you'll lose some of the rich red colour. Also add some coarsely ground black pepper to taste, along with two tablespoons of grated orange rind/zest.
- 5** If you feel so inclined you can throw in some fried or grilled bacon lardons or coarsely chopped, thin cut, grilled bacon pieces, either leaving on the top as you serve or mix them through. Decorate with a spring of fresh parsley.

Edible 'Christmas Trees'

Rainbow Rating



Protein	Fat	CHO	Fibre g
7%	3%	90%	20.92

Ensure you have one Romanesco cauliflower for each person

Prepare 25 min

Cook 15 - 20 min

- Whole Romanesco cauliflowers
- Himalayan / sea salt
- Enough whole, unbroken, star anise for each cauliflower
- Pomegranate seeds for decorating your tree

For the orange sauce

- 1 large orange, zested and juiced
- 2 small oranges, juiced
- 1/2 cup unsweetened pomegranate juice
- 1/2 cup maple syrup
- 1 tbsp arrowroot or cornstarch (cornflour)
- 1/2 tsp crushed red peppercorns

- 1** Make the sauce ahead of time by placing all the ingredients, except for the arrowroot or cornstarch, into a small saucepan and bring to the boil, then turn it down to simmer
- 2** Mix the arrowroot or cornstarch in a cup with some water and whisk till it's fully combined with no lumps. Add the arrowroot/corn starch mixture to the saucepan, stir and simmer for 10-15 mins or until noticeably thickened and set aside or put into an airtight container in the fridge until you need it
- 3** Stand the Romanesco caulis side by side in a steamer, sprinkle with Himalayan or sea salt and steam until tender, but not falling apart - they must still be able to stand up straight!
- 4** When you're ready to plate up (and I suggest you have some help here to speed the process), stand a single cauliflower on everyone's plate, stick a star anise into the top of it, drizzle with hot orange sauce and sprinkle generously with pomegranate seeds
- 5** Serve immediately so that your guests can arrange the rest of their festive meal around their edible 'Christmas Tree'.

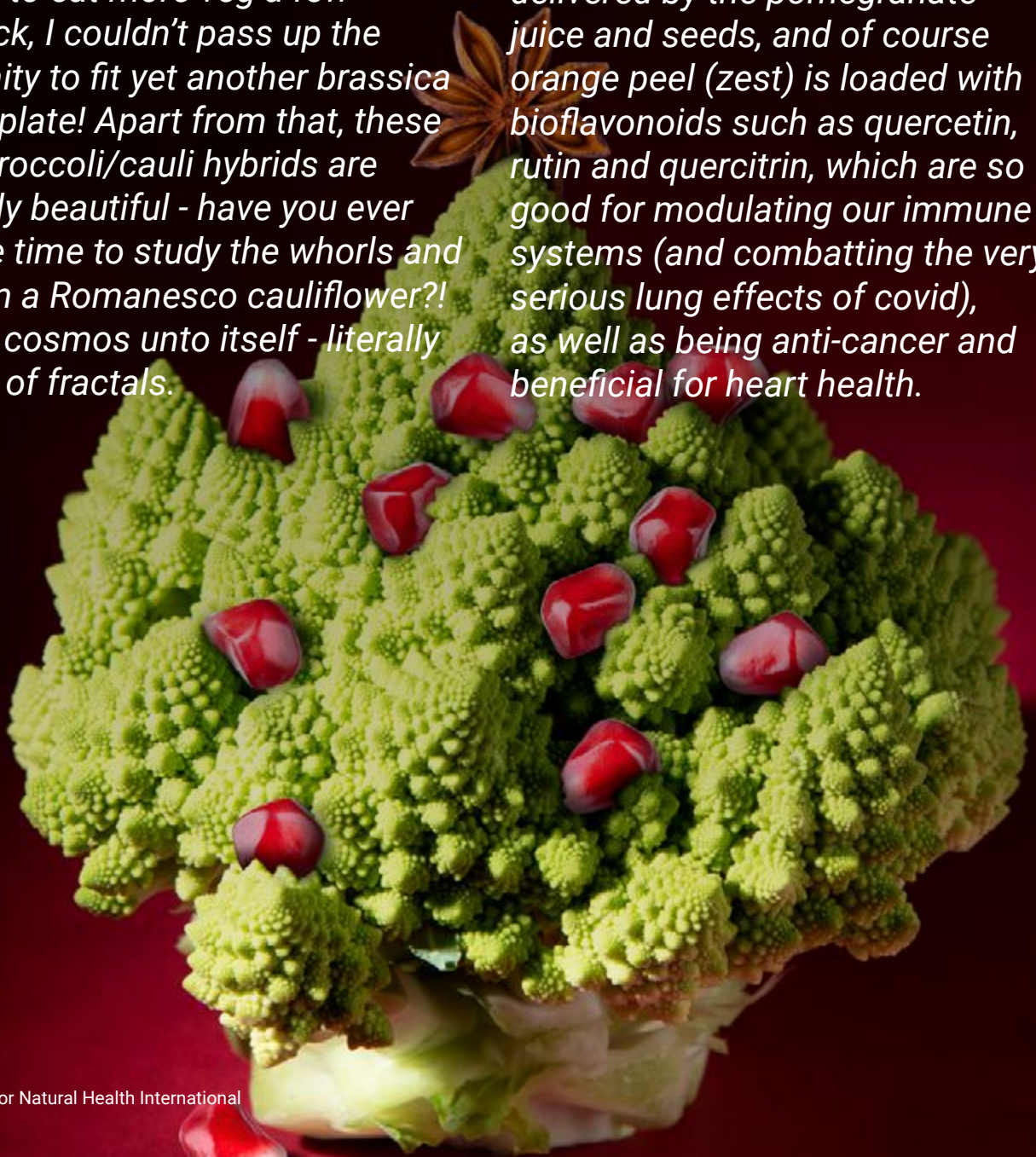


From Meleni Aldridge

I adore all the vegetables from the Brassica family so apart from wanting to find a festive, fun, way to get my nephews to eat more veg a few years back, I couldn't pass up the opportunity to fit yet another brassica onto the plate! Apart from that, these almost broccoli/cauli hybrids are stunningly beautiful - have you ever taken the time to study the whorls and spirals on a Romanesco cauliflower?! It's like a cosmos unto itself - literally made up of fractals.

These caulis, which hail from Italy, are a bright lime green (one of my favourite colours too!) and pack a punch of vitamins and minerals as well as the all-important fibre. They're particularly high in glucosinolates, which are potent antioxidants so helpful too to offset some of the excesses of the festive meal! Glucosinolates are also anti-inflammatory and a support for the immune system.

You have more antioxidants delivered by the pomegranate juice and seeds, and of course orange peel (zest) is loaded with bioflavonoids such as quercetin, rutin and quercitrin, which are so good for modulating our immune systems (and combatting the very serious lung effects of covid), as well as being anti-cancer and beneficial for heart health.





From Meleni Aldridge

For me, stuffing isn't just a side dish, it's part of the main event. My love of stuffing goes back to when I was a child, as, to be honest, I preferred it to the meat main because it had so much flavour. A big part of my Christmas menu planning now are the stuffing recipes and I generally make a different meat and a veg option every year.

Did you know that chestnuts have been a food source for over 4,000 years? They're high in fibre and a good source of vitamin C, magnesium, potassium and antioxidants. Although they're called 'nuts', they're more like fruits, but fruits that are really good for heart health.

Walnuts don't just look like mini brains, they really do contain brain-healthy nutrients – healthy fats, protein, vitamins and minerals – but walnuts are also high in manganese which is needed for bones and wound healing. Walnuts are a bit

of a superfood, so add anti-inflammatory, cancer protection and weight management to that list too.

In my recipes that I've shared with you all you'll see fresh herbs included in all of them. This is because the lowly, oft-forgotten, herb is a monumental source of concentrated phytonutrients that we need in our bodies as co-factors for many of our key processes. Please use this festive season to feed as many fresh herb ingredients into your dishes as you possibly can.

This stuffing recipe is topped off with healthy fats and good quality protein from the organic eggs. It's a meal in itself - and instead of making stuffing balls, why not just press it into a greased Pyrex dish and bake it in the oven (...at 180° C / 350° F for 45 -50 mins)?

Chestnut, Walnut & Cranberry Stuffing

Rainbow Rating



Protein	Fat	CHO	Fibre g
10%	42%	48%	51.43

Serves 8-12

Prepare 30 min

Cook 20-45 min

- 1 large onion, finely diced
- 2 celery sticks, finely diced
- 1 large garlic clove, crushed
- 100 g / 3.5 oz walnuts, blitzed to crumbs
- 100 g / 3.5 oz dried cranberries (unsweetened and unsulphured if you can find them)
- 2 small oranges, juiced
- 100 g / 3.5 oz gluten-free breadcrumbs (fresh is best, but dried will work)
- 3 large organic eggs, beaten
- 1 tbsp fresh thyme leaves
- 1 tbsp fresh sage leaves, finely chopped
- Olive oil or butter
- Himalayan / sea salt
- 2 tbsp gf vegetable stock bouillon powder (I use Marigold Swiss Vegetable Bouillon Powder)

- 1 Put the walnuts, chestnuts, cranberries, breadcrumbs, herbs and stock powder into a mixing bowl
- 2 Fry the onion, celery and garlic with a generous dollop of butter or glug or two of olive oil – turn the heat off and leave the frying pan on the stove
- 3 When they're cooked, the celery has softened and the onion has turned translucent, add the fried mix to the bowl with the walnuts, chestnuts, cranberries, breadcrumbs, herbs and stock powder - mix well
- 4 Pour in the beaten egg - mix well
- 5 If the mix is too dry, then add some boiling water until you get it to a sticky, malleable consistency that you can roll into balls
- 6 Add some more oil to the frying pan and heat it, when it's hot enough, add a small amount of the stuffing mix and fry on both sides. When it's golden and cooked, taste it and then add more seasoning - salt, pepper, and/or more herbs to get it to the flavour you want. You really want to make sure your stuffing has a strong flavour, so be bold and don't be afraid to add lots of salt
- 7 When you're happy with the flavour balance, roll into balls of roughly the same size and place onto an oiled baking sheet
- 8 Bake at 180° C / 350° F for 30-45 mins or until they're sizzling hot and browned all over.



Cook's Tip: It's so easy to make gluten free fresh breadcrumbs buy putting slices of gf bread into a food processor. Do try and get gf bread without xanthan gum if at all possible, but in a pinch, dried breadcrumbs will rehydrate just fine, but you'll likely need to add more hot water.

You can so easily give this a meaty twist by switching out half the chestnuts for sausage meat. If you use sausage meat, it's unlikely you'll need to add any water and you may need less breadcrumbs.

Another recipe to make ahead of time and leave in the fridge so you just need to heat them through on the day.

No-fail, Make-ahead, Healthier Roasties

Serves 8 people

Prepare 30 min

Cook 90 min

- 2 kg / 4.5 lb white roasting potatoes, peeled, halved/quartered
- Himalayan salt
- 750 ml / 26 fl oz olive oil (or 2 jars goose/duck fat if not vegan/vegetarian)
- A large bunch of fresh rosemary
- A large bunch of fresh thyme (lemon thyme is a nice option)

You'll also need

- A couple of wire racks
- Absorbent kitchen towel
- Large freezer bags



Rainbow Rating



Protein	Fat	CHO	Fibre g
9%	28%	64%	27.00

Step 1 - par boiling stage

Rinse your ready-prepped potato halves or quarters so that they're clean and put them in a large pot. Cover with water, sprinkle some salt and bring to the boil. Once they've come to the boil, turn down the heat and simmer on low for 7 mins until they're starting to soften around the edges.

Once par boiled, drain and rinse. Put the lid on the pot and cover with a thick tea towel so you don't burn yourself as you give them a good shake. This should rough up the edges a bit so that they go more crispy in the oven.

Turn out onto the wire racks to cool whilst the oven heats up.

Step 2 - 1st roast

- Whilst your potatoes are cooling, pre-heat your oven to 200° C / 400° F
- Pour about 1 cm / half an inch of olive oil into a large roasting tin (or two smaller ones) - or empty the contents of one or two jars of goose/duck fat into the base so that it reaches the same level
- Place the roasting tin(s) and fat into the oven and heat till the oil is hot and sizzles when you place a potato into it
- Place all the potato halves/quarters into the roasting tin taking care not to pile them on top of each other. Spoon some of the hot oil over them all and use half the bunch of rosemary and thyme to lay across the top
- Return to the oven and roast until they're turning a lovely, light golden brown
- Cover the wire racks with kitchen towel ready for the roast potatoes
- Once browned, remove the roasting tin from the oven and place the potatoes on the paper towel to cool in a single layer
- Once the potatoes are cold, drop them into a couple of freezer bags and put them into the freezer where they'll stay until just before their second roasting!

Step 3 - 2nd and final roast

- Pre-heat the oven to 200° C / 400° F 45 - 60 mins before you want to eat
- Take the frozen roasties out of the freezer and lay them, one layer thick, in the bottom of a dry roasting pan (do not put oil in it first!)
- Drizzle some olive oil across the top of the potatoes and lay half a bunch of fresh rosemary and thyme across the top of them
- Place the roasting tin in the very hot oven for 30 mins or until your roasties are sizzling hot, golden brown and crispy. Take care not to over roast at this stage
- Serve immediately with a sprinkle of fresh thyme leaves and a sprig or two of fresh rosemary.



From Meleni Aldridge

For as long as I can remember I've been the festive cook for my family, and I love it with a passion that never gets tired. I'm so busy during the year, but Christmas is the one time in the year I get to spend with my loved ones and nurture them with my cooking. As I cook everything from scratch and try to change up my recipes year on year, I have a lot to do, so anything that can save me time – and be healthier in the process – is very welcome.

These roasties that you can make as far as a month ahead fit that bill perfectly. Not only are you saving more than an hour of oven space on the big day (longer if your roast potatoes don't cook properly because the oven's too full!), but you've also turned a portion of them into resistant starch in the prep process, which is so much better for your gut microbiome and your metabolic resilience.

Yes, they're still complex carb-laden white potatoes, but with the heating, cooling and reheating, around 20% of the starch can change to something that doesn't break down to sugars and isn't absorbed by the small intestine. Do take care not to over boil or over roast at the end to maintain as much resistant starch as possible. Similar to insoluble fibre, resistant starch passes through most of your digestive system unchanged to be fermented in the colon. Here it lowers the pH level in the colon and helps produce short-chain fatty acids (SCFAs), whilst creating an environment for your gut microbiome to thrive.

The health benefits of SCFAs include being anti-inflammatory, immunoregulatory, anti-obesity, antidiabetes, anticancer, cardiovascular protective, hepatoprotective, and neuroprotective activities to name just a few!

So, if you love roasties as much as my family does, then cooking them this way makes them slightly less of a guilty pleasure than they might have been.



From Melissa Smith

I love Brussel Sprouts but not everyone's on my page. Looking for a quicker, easier and less soggy way to cook them, I came up with the idea of stir frying the little green health bombs. As it turns out nearly everyone loves them when they're cooked this way.

Sprouts may be small, but they pack a mighty punch when it comes to the nutrients and fibre they bring to the festive table. This star of the cruciferous family can help manage blood sugar, supports your ability to stop bleeding when you're injured and feeds your gut bugs (that's why you might experience a little additional 'wind' from time to time!). Adding garlic gives a double whammy of immune-supporting and inflammation-busting nutrients. Plus, it's a delicious taste pairing. From Brussel sprout hater to convert in one easy recipe!



Garlic Sprouts

Rainbow Rating



Protein	Fat	CHO	Fibre g
27%	5%	68%	19.00

This is a delicious way to cook your sprouts that elevates them from ordinary to extraordinary! Even Mr Smith will eat these.

Serves 2 - 4

Prepare 15 min

Cook 20 min

- 1/2 kg / 1 lb sprouts shredded
- 2-3 cloves of garlic crushed (depending on taste)
- 1 tbsp olive oil
- Himalayan pink salt and ground pepper

- 1 Remove the outer leaves from the sprouts
- 2 Shred the sprouts by slicing down through the sprouts
- 3 Peel and crush the garlic
- 4 Heat the olive oil in a wok or heavy-based frying pan over a medium heat
- 5 Add the garlic and cook gently for a minute
- 6 Add the sprouts, stir to coat with the oil and garlic
- 7 Cook until softened (they should still have some bite)
- 8 Season to taste with salt and pepper
- 9 Serve

Cook's tip: Ring the changes with some chopped cooked chestnuts and pomegranate seeds, stirred through just before you finish cooking the sprouts or some cooked bacon (omit the salt).

Sugar Free Zimtsterne

Rainbow Rating



Protein

10%

Fat

65%

CHO

25%

Fibre g

47.00

Makes approx 18

Prepare 30 min

Cook 20-30 min

- 165 g / 6 oz almonds (ground)
- 165 g / 6 oz walnuts (ground)
- 10 dates finely chopped
- 6 dried figs finely chopped
- 3 tsp cinnamon
- 2 tsp grated fresh ginger (approx. 1 thumb size)
- 2 tsp vanilla paste
- 2 egg whites whipped to stiff peaks
- 50 g / 2 oz dark chocolate

- 1** Pre-heat the oven to 150° C / 300° F (if a fan oven reduce heat to 130° C / 260° F)
- 2** Grind the walnuts and almonds, put in a bowl
- 3** Add the cinnamon, grated ginger, vanilla paste, chopped date and figs and mix well
- 4** Separate the egg whites and whip to stiff peaks
- 5** Mix the egg whites with the nut mixture until it forms a soft 'dough'
- 6** Put the dough onto a piece of baking paper lightly dusted with icing sugar and push out into a rough round approx. 1/4" thick
- 7** Cut out star shapes (if using a 2" cutter you'll get approx. 18 stars) and place onto baking paper on a baking tray
- 8** Bake in the oven for 20-30 mins (you're just cooking the egg white)
- 9** Leave to cool
- 10** Melt the chocolate and drizzle across the stars



From Melissa Smith

Zimsterne are a seasonal favourite from Germany. As with so many festive treats they're chock full of sugar – a disaster for our metabolic function – when added to the many other sugary treats on offer. In 2016, German authorities raised a red flag to coumarin - a phenolic plant compound found in cinnamon, particularly in cassia cinnamon. This fanned fears of harms to health and sparked the removal of cinnamon-containing foods and drinks from the shelves in Germany.

As you would expect from ANH, we decided to investigate the data to consider both the risks and benefits of cinnamon. As with so many things, the picture is not clear cut as we found out. To start with, the concerns over the high coumarin content of cinnamon were related to what's known as cassia cinnamon and not Ceylon (true) cinnamon. But true cinnamon is more expensive, so most

products use cassia cinnamon and when it's a powder, you can't tell the difference.

One of the great benefits of cinnamon is its ability to improve insulin sensitivity. True to form the ANH team decided to test this. Out came mine and Meleni's baking trays for some late-night baking to test the effects of Zimsterne with and without the cinnamon, but with all the sugar. Albeit a very small test, the cinnamon-laden Zimtsterne won out and showed a demonstrable reduction in the sugar spike when we all tested our blood sugar levels.

This sent me back to the kitchen on the path to create a healthier version with lower sugars, but laden with good fats, fibre and, of course, plenty of cinnamon. The resulting recipe uses favourite Christmas ingredients, without the sugar rush, so you can indulge.



From Melissa Smith

Who doesn't love an amaretti cookie? As you bite into the soft almond clouds you get that delicious almond flavour alongside a whoosh of sugary deliciousness. Never one to resist a challenge, I decided to create a lower sugar version that's easier on your metabolism. Taste tested by the fragrant Mr Smith, and the rest of the ANH team, these almond bites have more than passed muster. In fact, you should probably bake a double batch, as they'll be gone in a flash!

Don't forget that the ground almonds are chock full of protein and healthy fats, which also slow down the sugar burn and help to avoid those really damaging blood sugar spikes.

Soft Almond bites

Rainbow Rating



Protein	Fat	CHO	Fibre g
12%	55%	33%	25.00

Serves 4

Prepare 15 min

Cook 15-20 min

- 2 large egg whites (the egg yolks can be frozen for another day)
- 200 g / 7 oz ground almonds/ almond flour
- 100 g / 3.5 oz caster sugar
- 1 tsp almond extract

- 1 Preheat the oven to 170° C / 325° F
- 2 Line a couple of baking trays with baking paper
- 3 Whisk the egg whites to stiff peaks
- 4 Fold in the almonds, sugar, vanilla and almond extract
- 5 This will give you a sticky dough
- 6 Scoop walnut sized balls of dough out of the mixture and dollop onto the baking paper
- 7 Bake for 15 to 20 minutes until crisp on the outside but still fairly pale in colour
- 8 Leave to cool on the baking sheet for 5 mins before putting on a wire rack to cool completely



Gluten and dairy free mince pies

Rainbow Rating



Protein	Fat	CHO	Fibre g
5%	46%	50%	27.67

This pastry is relatively robust, but is still fairly delicate so handle with care and don't overwork it. It's important that the fat and water is cold. I've only used this pastry recipe for mince pies so far, but given its success it should work well for other dishes such as quiche.

Makes 12 pies

Prepare 30 min

Cook 15-20 min

- 224 g / 8 oz flour – 56 g / 2 oz each almond, cassava, buckwheat and rice flour plus 1 tbsp tapioca flour, arrowroot or psyllium husk (to stabilise the pastry)
- Pinch of salt
- 114 g / 4 oz fat – butter or vegan block (I use Naturli) or coconut oil – must be cold
- 1 jar mincemeat of choice (I use Meridian and add chopped walnuts, grated orange zest and grated fresh ginger)
- 10 tbsp cold water

- 1 Preheat the oven to 180° C / 350° F
- 3 Mix the flours in a bowl with a pinch of salt
- 3 Cut the fat into cubes and add to the flour mix. Coat in flour and then rub through the flour until all the fat is broken down and coating the flour and no lumps of fat are visible. The mixture will resemble 'breadcrumbs'
- 4 Add the cold water and then mix using a flat bladed knife to bring the dough together. As the dough forms bring it into a ball with your hands. At this point it will feel slightly wet and slimy. This is just due to nature of the flours being used
- 5 Leave the dough to rest and absorb the water for 5-10 minutes
- 6 Take two sheets of baking paper, dust the bottom one with buckwheat flour
- 7 Cut the dough in half and dust the top with some buckwheat flour
- 8 Roll the dough out between the baking paper sheets to approx 5 mm thickness
- 9 Cut into rounds. Reroll the dough (dusting with more flour as needed) until it's all used
- 10 Repeat with the other half of the dough. You should get 12 bottoms and 12 lids (slightly smaller)
- 11 Put the bottoms into your individual pie moulds. Add a spoonful of mincemeat and top with a lid
- 12 Bake for 15-20 mins until golden
- 13 Leave to cool
- 14 Dust with a little icing sugar just before serving



From Melissa Smith

A festive staple delivering not one, but 3 of the big no no's when it comes to being healthy and metabolically flexible - sugar, dairy and gluten!

These are my favourite festive treat, but being both gluten- and dairy-free for many years, I avoided them. Not any more! I've now perfected gluten- and dairy-free pastry that everyone will love (and if you don't tell, they won't notice the difference!).

For me, one of the wonderful things about gluten-free baking is the variety of alternative flours available (I have 10 in my cupboard, but you can be just as successful with less) that not only taste fabulous, they come with an additional range of nutrients and fibre to boot.

This pastry is fairly robust, but you still need to treat it carefully as it doesn't stretch in the same way as wheat flour pastry. I've also added a cheeky dose of cinnamon to the mix, which helps balance blood sugars (see my Zimsterne recipe) and gives the pastry its lovely colour.

I hope you love these as much as both me, and the rest of the ANH team, who said I've really cracked it with this latest batch.



From Mike Abbott

I have such lasting childhood memories of the Bubble & Squeak that my Gran used to always make on Boxing Day when we were kids growing up. My Mum then inherited the recipe and continued to make it, and my wife has done the same in our family for our children. Like so many other English households, Bubble & Squeak on Boxing Day has become our family tradition that's synonymous with Christmas. Just the smell of it cooking takes me right back to my Gran's kitchen on Boxing Day!

I always remember it being crispy with a satisfying crunch to it, so don't be afraid to leave it in the pan and let it really colour up. You're not burning it, you're adding to the flavour!

Just a little tip, if you've no leftover roast potatoes (which is the norm in my house!), then making some mash and adding that will work just fine. The fresh herbs are so much more flavoursome than dried ones and you get many more health benefits from the plant compounds in them.



Boxing Day Bubble & Squeak

Rainbow Rating



Feeds as many as you have leftovers for!

Prepare 20 min

Cook 20 min

- All your leftover veg, stuffing, turkey/nut roast and potatoes
- Himalayan / sea salt
- Pepper
- Fresh sage / thyme / rosemary (or a combination of all three) - finely chopped
- Olive oil or goose/duck fat or butter
- 1-2 white onions, finely chopped
- 1 large garlic clove, crushed
- 1-2 eggs, beaten
- 4 rashers organic bacon, chopped (optional)

- 1** Finely slice/chop your leftovers and crumble the remaining stuffing and/or nut roast into a mixing bowl and combine
- 2** Add the chopped herbs to the contents of the mixing bowl, stir together, taste and add more salt and pepper if it needs it
- 3** Beat the egg(s) and mix well into the contents of the mixing bowl
- 4** Add a tablespoon (or two if you're making a large quantity) of whichever fat you're using to a frying pan and fry the chopped onions, crushed garlic and organic bacon (if you're using it) until the onions are translucent and the bacon is cooked
- 5** Add the fried onions, garlic, and bacon (if using) to the contents of the mixing bowl and mix well. When well mixed, evenly divide the mixture so you can make individual patties and set aside ready for frying
- 6** Add more oil to the frying pan and heat. Once the oil is hot place the patties in the frying pan and fry well on both sides till they're well coloured, crispy on both sides and hot throughout
- 7** If you want to make one large pattie, then place the mixture into the frying pan and flatten it down. If you opt for making a large one, you will need to be able to flip it over at some stage!

Cook's Tip: Serve with your favourite pickle, leftover cranberry sauce, mustard or, for the bold amongst you, a good dollop of kimchi for some fermented gut love.



Traditional Latvian Dish - Grey Peas with Bacon

Rainbow Rating



Protein	Fat	CHO	Fibre g
28%	25%	48%	105

Grey peas (Carlin peas) with bacon, is a popular Latvian dish made from large grey peas, which is often served at Christmas time. The peas themselves resemble large chickpeas with a brown outer and grey inner. They are a species native to Latvia and have recently acquired PDO (protected Designation of Origin of the European Union) status. They're usually served with kefir and rye bread on the side.

If you can't find Grey peas, please use Carlin peas instead.

Serves 2-4

Prepare 15 min

Cook 15 min

- 1 400 g / 14 oz can Carlin peas or 400 g / 14 oz soaked and cooked Grey peas
 - 1 medium onion, diced
 - 100 g / 3.5 oz smoked bacon/lardons
 - salt and pepper to taste
 - Dill to serve (optional)
- 1 Fry the diced onion in a pan over a medium heat with olive oil for 2 minutes
 - 2 Add the diced bacon or lardons to sizzle and cook through
 - 3 Add the cooked Grey peas (or Carlin peas if using)
 - 4 Cook and combine all the ingredients thoroughly
 - 5 Season with salt and pepper to taste
 - 6 Scatter with dill before serving

Cook's Tip: These are absolutely delicious as a side dish at a festive meal or as a main meal with kefir and your favourite bread. However, if you're not a bacon lover, you can leave the bacon out. Try using some smoked garlic infused oil instead of the bacon!

From Marta Tofield

Every Christmas I eat Grey Peas. It takes me back to when I was a little girl. It's a traditional Latvian dish, that brings back such good memories. Everyone I've introduced them to, also loves them. It feels as though I've passed my memories onto my kids now and I hope it will become a part of their children's Christmas memories too. No matter where you go, grey (carlin) peas taste exactly the same.

There's a myth that if you don't eat all the peas you'll be crying the whole of the next year till Christmas. I'm not sure how true it is, but I wouldn't want to test it! I think Latvians just don't like to waste good food.



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Authors



Rob Verkerk PhD

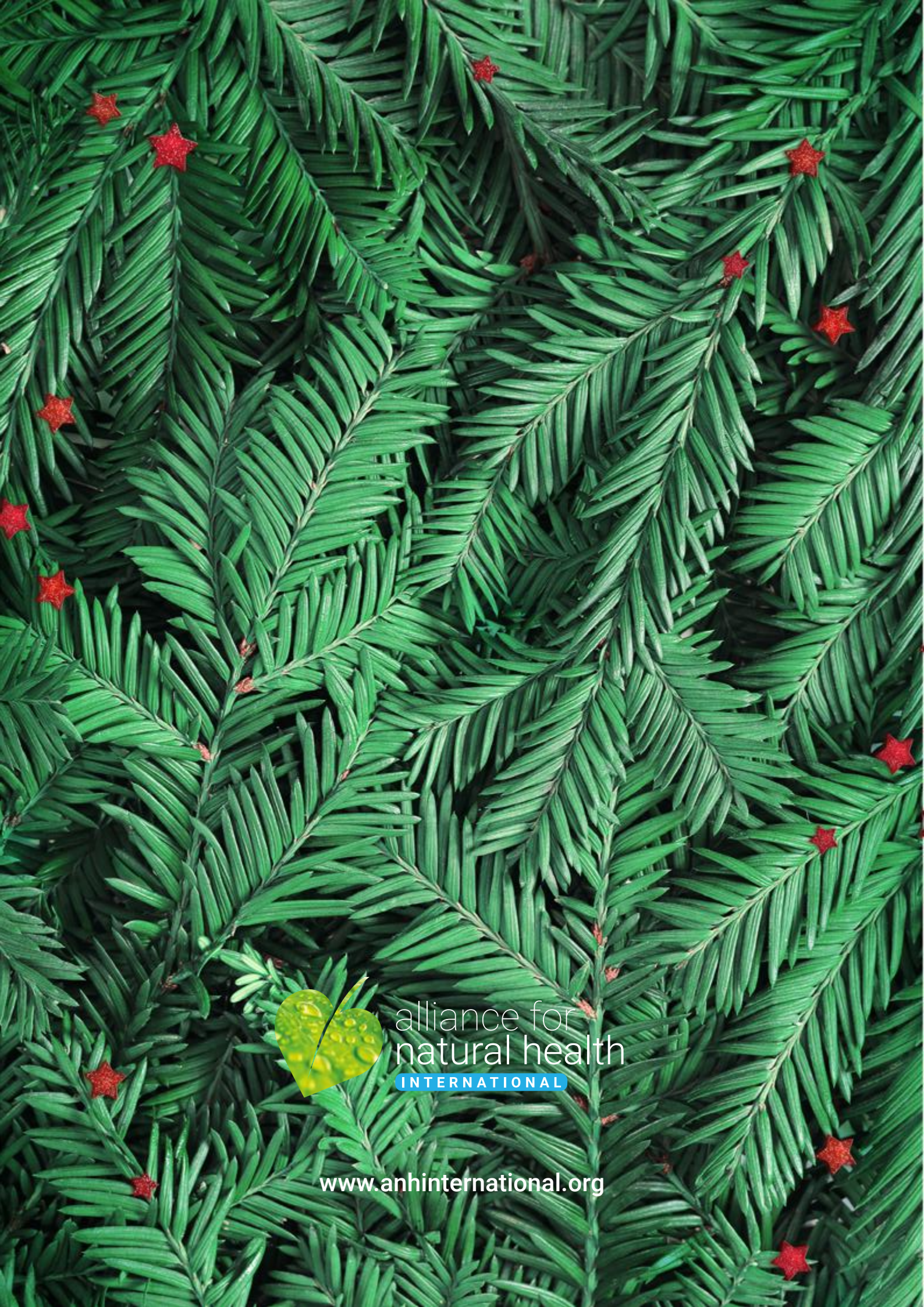
An internationally acclaimed, multi-disciplinary sustainability scientist with a 40-year background in environmental, agricultural, food, nutritional and health sciences. He has masters and doctorate degrees from Imperial College London, where he also worked as a postdoctoral research fellow, and founded the non-profit Alliance for Natural Health International in 2002.

Meleni Aldridge

She is a practicing clinical psychoneuroimmunologist, functional medicine practitioner and certified Metabolic Balance coach, immersed in the field of natural and integrative medicine for over 30 years.

Melissa Smith

A qualified Nutritional Therapist who is passionate about empowering individuals to take control of their own health using natural approaches to health care where possible.



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