



# summer fare

We've gathered together an array of sumptuous summery delights from our fabulous 'foodie' contributors...

## Ice cream by Jamie Richards

- 1 cup frozen mango
- 2 cups freshly squeezed orange or apple juice
- 1 cup raw cashews
- 1 cup frozen banana
- 1/2 cup soft or soaked dates

Blend it all in a food thingy then chill it in the freezer for 20 minutes or so, if you can wait that long.

## Raw butternut squash soup

- 3 cups butternut squash peeled, seeded and chopped
- 1 cubed mango
- 2 teaspoons curry powder
- 2 cups orange or apple juice
- 1/2 cup dates

Bung it all in a blender and wizz it until it's smooth and creamy. Garnish it with a chopped banana, mint and fresh chilli.

**Mango:** Good source of Vitamin A and alkalizes body.

**Cashews:** Rich in iron, phosphorus, selenium, magnesium and zinc. Good source of protein.

**Banana:** High amounts of potassium in bananas can lower one's blood pressure.

**Dates:** Great energy boosters as they contain natural sugars like glucose, sucrose and fructose. They also have high iron content.

**Butternut Squash:** Contains no saturated fats or cholesterol; but is rich source of dietary fiber and phytonutrients.

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Jamie Richards trained at the Institute of Optimum Nutrition and has since developed his own health, wellness and sports nutrition clinics in Bristol. He's a campaigner for real food, writing and lecturing about the pitfalls of modern food processing and produced the recipes for the book 'Diet for Britain' by George Cooper. His website can be viewed at [www.jamierichards.co.uk](http://www.jamierichards.co.uk)

## Cucumber and pear udon noodles with shredded mint and dandelion leaves in almond and mead cream 'soup' by LoveChefs

This works best as an unbelievably refreshing afternoon snack or as a starter. It takes about 7 minutes. I used some special ingredients because they happened to be lying around, but I've put substitutes below which will still work.

- 1/2 large cucumber
- 2 pears
- About 20 mint leaves – shredded
- About 12 dandelion leaves – shredded (use rocket if you don't have hedgerow access).

- 1 cup of almond milk (or the milk of your choice)
  - 1 tablespoon moscatel vinegar (or the juice of one lime and a teaspoon of honey or maple syrup)
  - 1 1/2 tablespoons olive oil
  - 1/4 cup of soaked buckwheat (or soaked sunflower seeds)
  - 1 tablespoon of honey mead (or sweet wine or sherry – or add a bit more of the lime and honey mix with a dash of cider vinegar)
- The leftover bits of pear and cucumber that don't make it through the spiraliser (or if your machine does the whole thing, then keep back a little for the dressing)

Spiralise the cucumber and pear on the fastest setting (if you don't have a spiraliser you can grate them) and toss them in half of the Moscatel vinegar (or sweet lime mix) with the shredded dandelions and mint, then set aside to marinate for a few minutes.

Whizz the rest of the ingredients in your blender to make the 'soup'.

Pour over the noodles and serve chilled (if you're not chilled when you serve it, you will be when you've eaten it!).

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The Lovechefs provide delicious raw and whole food catering for weddings and events as well as teaching raw food preparation courses and retreats. For more information, go to <http://lovechefs.co.uk>



## Lemon cookie cakes by Shane Jordan

- 2 cups/8 oz whole meal flour
- 2 tsp baking powder
- Pinch sea salt
- 2 cups/8 oz butter (diary free butter)
- 2 cups/8 oz sugar (unrefined brown sugar)
- 2 tbs Maple Syrup
- 2 tsp lemon extract (plus juice, minus pips)
- 3 cups/8 oz rolled oats

Place in the bowl flour, baking powder, sea salt, maple syrup, lemon and oats and mix with hands. Combine butter and sugar and mix well with hands until all ingredients are combined – making sure the butter is rubbed into the mixture. Add water to the mixture until it's thick enough to bind together. Put the mixture on a chopping board or worktop that is covered in flour. Roll the mixture out and cut circles using a circular pastry cutter. Coat the circles all over with maple syrup and a dash of unrefined brown sugar on top.

Bake 9-12 minutes until golden brown. Let cookie cakes cool on baking sheet for 5 minutes. Oven temperature 350 degrees.

**Wholemeal flour:** Wholemeal flour is not refined like white flour, and wholemeal flour retains the husk of the wheat which is where all the nutrients and dietary fibre exist. There is no bleaching and gluten levels are generally lower than in white flour.

**Sea salt:** Sea salt is harvested from evaporated seawater, and is much more natural and less processed than table salt - which comes from underground mines.

**Unrefined brown sugar:** Unrefined sugar is made from the juice from the sugar cane plant and has a trace minerals and nutrients present. Refined white sugar is devoid of all nutrients.

**Maple syrup:** It's full of antioxidants, filled with important nutrients and helps with muscle recovery.

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Shane Jordan is a community chef and health awareness practitioner based within Bristol's inner-city. He has a passion for creating healthy vegetarian and vegan food, raising awareness on food waste issues and encouraging homemade cooking. [uksjordan@yahoo.co.uk](mailto:uksjordan@yahoo.co.uk)

## Beetroot, carrot & arame salad

by Anna Middleton  
Soak a handful of arame for 5 minutes  
Grate 2 carrots & 1 beetroot into a bowl  
Toss with hemp oil, a little apple cider vinegar, a dash of tamari  
(be careful not to mix too much so that the beetroot doesn't colour all of the carrot)  
Stir in arame, sprinkle with sesame seeds and serve

**Seaweed:** Seaweed is one of the most nutritious food groups bursting with minerals essential for our health

**Beetroots:** Beetroots are a fantastic blood and liver cleanser, carrots are great to cleanse the liver and support healthy eye function

**Hemp:** Hemp is one of nature's perfect foods with a perfect balance of omega 3, 6 and 9

**Apple cider vinegar:** Apple Cider Vinegar is an essential natural remedy with numerous health benefits

**Sesame seeds:** Sesame seeds are full of essential oils, high in protein and are a good source of minerals including zinc and magnesium.

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To raise further awareness about the benefits of raw living foods and recipes Anna runs workshops, hosts free pot luck events and caters for numerous retreats. To find out more information, go to [www.annamiddleton.com](http://www.annamiddleton.com)