



spice up your raw-tumn

Anna Middleton shows us that there's no need to ditch the raw diet once the cooler months creep in. We can keep healthy as well as warm.

With winter peeking its head around the corner and the temperature dropping, the last thing we may be thinking about is eating raw foods. It's one thing to have salads, juices and smoothies when the sun is high in the sky and there is an abundance of fresh fruits and vegetables, but what kind of recipes can we create for the cold months ahead? Not only do we need to bring comfort from what we consume, but also be able to ward off illness and maintain good energy levels.

finding a raw balance

The balance of raw and cooked foods that we eat shifts naturally as the seasons change, but the changes also depend on our individual needs. What works well for some may not for others. It's an important time of year to turn our focus inwards and recognise what is right for us.

As our lymphatic system becomes more congested and slows down in the cooler weather, it's beneficial to keep warm, rest well and remain hydrated. Incorporating plenty of herbal teas and medicinal foods in our diet helps boost our immune system and nurture our kidneys at this time

of year. Medicinal mushroom extracts such as Chaga and Reishi can now be found with ease and are an extremely easy and nutritious addition to our diet. Yes, there are benefits from including raw foods in our diet over winter as they can keep our immune system strong to fight off colds and infections but it's natural that we may not fancy eating something cold.

ways to bring warmth

If we choose to maintain a good intake of raw foods, there are many ways that we can bring warmth to raw dishes.

Avoid eating fruit & vegetables straight from fridge, leave at room temperature instead.

Add a large chunk of ginger to fresh green juices.

Add hot water to raw soups & sauces to warm them up.

Mix raw and cooked foods together (e.g. raw curry sauce over brown rice or sweet potato).

Use warming spices such as chili, ginger, garlic, cayenne, coriander or turmeric.



foods that create warmth

Root vegetables (carrots, squash, parsnips, beetroot, sweet potatoes)

Herbs & Spices (cinnamon, cloves, cayenne, coriander, chilli, ginger, cardamom, turmeric, garlic, mustard)

Onion

Walnuts

Pine Nuts

Coconut

Dates

Tropical fruits: (bananas, mango, papaya)



Spiced Apple Tea

A lovely warming tea to help boost your immune system and keep colds away. Share with your friends on a chilly day!

medicinal foods

Here is a small selection of some of the medicinal foods available to us and wonderful additions to our diet. Only very small quantities are needed... so a little goes a long way!

Ashwaganda – reduces stress, boosts immune system and improves memory.

Maca Root – immune system booster, increases energy, strength and stamina.

He Shou Wu – nourishes our blood, as well as supporting our liver and kidneys.

Reishi Mushroom – boosts immune system, builds energy and calms the mind.

Turmeric – anti inflammatory, boosts immune system and nourishes the liver.

Chaga Mushroom – amongst other benefits this is a powerful antioxidant which boosts our immune system

Purple Corn Extract – contains CG3, a potent antioxidant.



Due to a lot of the new laws in the EU, it is becoming increasingly difficult to talk about the benefits of some of the most natural and healing foods available to us. But these foods can really help support and nourish us without the need to radically change our diet. It's a good idea to research the benefits of foods such as chaga and reishi and make up your own mind.

Anna Middleton, Holistic Nutrition Coach & Raw Food Chef. She offers consultations and gives workshops. www.annamiddleton.com



- 1 large jug
- 2 apples, sliced
- 1 small chunk of ginger
- 1 stick of cinnamon
- juice of ½ lemon
- 2 medjool dates (optional) – some find that the apple gives enough sweetness.

Place all ingredients in jug and fill with hot water.

Benefits:

Apples – high in anti-oxidants.

Lemon – high in Vitamin C which aids digestion and has an alkalising affect in the body. Also cleanses the liver and kidneys.

Cinnamon – great for cold relief as it's anti-viral so helps fight infection. Also assists in reducing blood sugar levels and helps boost brain activity.

Ginger – soothes intestines, reduces nausea and has anti-oxidant, anti-biotic and anti-inflammatory agents. Increases heat and sweating plus aids detoxification.

Maca Chaga Chai

(Serves 1)

- 25g shelled hemp seeds
- 1 tsp chaga powder (extract)
- 2 tsp maca
- 30g coconut oil
- seeds from ½ vanilla pod (or a few drops of vanilla extract)
- ¼ tsp cinnamon
- 2g of coconut sugar (or use sweetener of choice)
- pinch of mineral salt
- 200ml water (mix 100ml cold with 100ml hot filtered water)

Blend all ingredients together & adjust the sweetness to suit your taste.



Thai Noodle Soup

(Serves 2)

For the noodles:

Spirilize 2 courgettes (or grate if don't have a spirilizer)

Cover courgette noodles with tamari and marinate whilst making dressing.

Sauce:

- 1 tsp vegan red curry paste
- 1 tbsp tamari
- juice of 1 lime (can also grate some of rind in for more zesty flavour)
- 1 tin coconut milk (or 100g coconut flakes blended with 300ml filtered water)
- 2 kaffir lime leaves

- 1 handful coriander
- ½ carrot
- ½ red pepper
- 1 fresh chili (or ½ if they are super hot)
- small slice of ginger
- pinch of salt
- 1 tsp coconut sugar (or add 1 date)
- blend all ingredients together with 100ml hot water

Pour sauce over noodles & serve!

Variations

Add julienne carrots / spring onions and sliced mushrooms. Try mixing in some kelp noodles with the courgette.

