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MYLES NEW, ANDREW MONTGOMERY, MATT MUNRO © LONELY PLANET

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# FOREWORD

BY NATASHA CORRETT OF  
HONESTLY HEALTHY

Growing up with a father ensconced in the restaurant industry, a mother highly allergic to wheat, gluten and dairy, and a godmother who is a nutritional therapist, it shouldn't come as a surprise that I became a chef focused on health. When I founded Honestly Healthy in 2010 my goal was to bring the knowledge I'd gained to the public, and help them improve their lives through the medium of food.

As much as I love creating healthy dishes out of nothing, I thoroughly enjoy playing with classic recipes with optimum health in mind. My Middle Eastern potato salad recipe (p136) is just such an example, taking the traditional potato salad and turning it on its head, with the addition of some superfoods (sweet potato and pomegranate), along with yoghurt, cinnamon and cumin. The addition of the spices was inspired by the aromas of dishes encountered while travelling – I love the herbs and spices in Middle Eastern food, and enjoy recreating

those flavours. Travelling can transform your cooking, exposing you to a new world of cuisine, whether it be different flavours, ingredients, dishes or even cooking methods. Travel can also introduce you to lasting loves – I'm now obsessed with tahini (p30).

As I'm always focused on health, superfoods – natural, nutrient-rich ingredients that are considered to be advantageous for people's health and well-being – tend to creep into my cooking (and daily diet) often. Each superfood has its own health properties, some of which have been celebrated for millennia – goji berries (p80) have been used in Chinese medicine for over 6000 years and are said to be the elixir of long life.

One superfood I particularly love to cook with is raw cacao (p16), perhaps because I have a seriously sweet tooth. This is chocolate in its natural state. It is incredibly bitter, but by just adding an unrefined syrup and some coconut oil you can make the simplest, most delicious raw chocolate. Packed full of nutritious antioxidants, it also gives you a natural energy kick – it's what I tend to reach for during an afternoon slump.

There are some superfoods that you'll now find all over the world in local markets: blueberries (p81), avocados (p82), turmeric... To get the most out of your superfoods, try eating them in a raw state – throw berries into a morning muesli (p68), mash up avocado on some toast (p112) or simply put some slices of fresh turmeric root in hot water with lemon in the morning to give you the kick that perhaps coffee once provided.

Eating healthily shouldn't just be about us, either – it should be about protecting our planet too, by reducing food wastage, and choosing sustainably produced ingredients that don't negatively impact the environment.

So with that in mind, get out there and discover for yourself the power of the superfood. Happy eating!



JUSTIN FOULKES: MATT MUNRO © LONELY PLANET





# SYMBOLS

The superfoods in each recipe have been highlighted in the ingredients list. The potential health benefits that have been associated with these superfoods are noted with the following icons at the top of each entry.



**ENERGY**



**IMMUNE  
SYSTEM**



**DIGESTION**



**LONGEVITY**



**HEART**



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NIKADA © GETTY IMAGES

# SEEDS & NUTS

Once disparaged as 'bird food', seeds and nuts are an important and oh-so-easy way to incorporate a mega vitamin and mineral explosion into your daily diet. Sprinkle on your cereal, bake in a handy-sized bar, crush into a paste, blend into a smoothie or – the most efficient method of all – pack an emergency handful of your favourite raw combination to snack on at work or in the car. Your body will thank you for it. →



# OTHER SUPERFRIENDS

**F**ar from being unmentionables or indefinables, these are the superfoods that didn't fall neatly into the previous categories, but are too important to ignore. You'll find a mixed bag of goodness in this section, some ingredients a little wackier than others (bet you didn't see plankton coming) while others are a cause for celebration. →

SERVES 4

INDIA

# YOGI TEA

Nothing sets you up for a morning of yoga quite like yogi tea, an inspired combination of tea leaves, cardamom, cinnamon, pepper, cloves and ginger, like Indian *chai* on overdrive.

## YOU'LL NEED

- 4 cups water
- 2.5cm (1in) piece **ginger root**, peeled
- 12 green **cardamom pods**
- 12 whole black peppercorns
- 12 whole cloves
- 2.5cm (1in) piece of cinnamon stick
- 2 tsp black tea leaves
- 2 cups milk
- honey, to taste

## METHOD

- 1** Bring the water to the boil in a small pan.
- 2** Cut the ginger into thick slices.
- 3** Crack the cardamom pods with the flat side of a knife.
- 4** Add all the spices to the boiling water and cover and boil for 15 minutes.
- 5** Add the tea leaves and allow to steep for a few minutes, then add the milk and return to the boil.
- 6** As soon as the liquid starts to boil, remove from the heat and strain into four cups.
- 7** Sweeten with honey to taste, and feel refreshed!

**TIP** For a vegan version, use soy, almond or coconut milk, and omit the honey.

## TASTING NOTES

You're a few generations too late to join the hippies who followed Yogi Bhajan into the summer of love, though his 3HO Foundation is still going strong, but a surfside yoga class on a Goan beach isn't a bad place to sample your first cup of yogi tea. There's no point being refreshed if you aren't tired first, so allow a challenging hour of twisting and contorting before sampling this revitalising brew. Kick back under a tropical palm and sip slowly to appreciate the varied spicy overtones. Cinnamon and ginger come in atmospheric waves, mingling with the powerful tang of cloves, cardamom and pepper. It's a mix that wakens the senses and clears the sinuses; it's instantly refreshing and strangely calming – another health benefit in the hectic subcontinent! ● by Joe Bindloss

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## ORIGINS

It's easy to trace the origins of yogi tea, as the drink inspired a million-dollar company, but the brew was first created by a Punjabi Sikh guru called Yogi Bhajan, who traced a trail of hippie love to America, introducing the West to *kundalini* yoga in the process. In fact, his refreshing blend of cinnamon, cardamom, ginger, cloves and black pepper draws on ancient ayurvedic infusions, prepared in India since time immemorial.



