



EAT SMART

THE LATEST NUTRITIONAL KNOW-HOW FOR A BETTER BODY

SUPER BOWLS

There's a new way to get your smoothie fix, so swap your straw for a spoon and dig in to moreish toppings upon blended bases

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An obvious Insta-food winner thanks to its vibrant colours and mouth-wateringly fresh layers, the smoothie bowl has fast become the dish du jour of the clean-eating California set, overtaking bircher muesli at the breakfast table and replacing no-carb mains come dinner. Beneath fresh crunch toppings, this blended base is as rich as sorbet and thick enough to stand a spoon in. And the secret to this velvety foundation? "Start with frozen produce," advises master blender Stephen Parsons of Huna Blends (hunahuna.co.uk), a pioneer of the bowl here in the UK. He's created four concoctions especially for WH that'll have you whipping up the most refreshing, nutritious blends imaginable.



THE BASE

What you need to know to blend like a pro

Get in the habit of batch-freezing freshly chopped fruit and vegetables at home, so you can blend at will when the fancy takes. To create the base, blitz your frozen produce in a blender for 10-15 seconds, until coarsely chopped. Next, pour in the appropriate non-dairy milk along with powders, spices or herbs, then mix for a further 10-30 seconds until blended but still thick. Spoon into your bowl, then decorate with toppings to serve.

Berry best

Cals: 198

Sat fat: 1.4g

Sugar: 15.1g

The base

- 40g frozen peach chunks
- 40g frozen blueberries
- 40g frozen pineapple chunks
- 60ml almond milk
- ½ tsp maca powder

The topping

- 20g Fruity Buckwheat Crunch (see below)
- 20g fresh strawberry slices

FRUITY BUCKWHEAT CRUNCH

Makes 10 servings

- 120g buckwheat
- hemp oil, just enough to coat
- pinch sea salt
- 60g puffed rice
- 20g raisins, chopped
- 20g dried cranberries, chopped
- 2 tsp pumpkin seeds
- 2 tsp sunflower seeds

The base

- 2 tsp flaxseed
- 2 tsp coconut flakes

To toast the buckwheat, place in a hot pan and stir until lightly browned. Coat with oil, season with salt and dry in the oven (see right). Mix with all the other ingredients to create a granola texture, then store.

PHOTOGRAPHY: PAVEL DORNAK AT HEARTSTUDIOS. DRYING TIMES VARY DEPENDING ON THE OVEN. YOU CAN ALSO USE A DEHYDRATOR. RAS-MATAZ APPLE CINNAMON CRUNCH & FRUITY BUCKWHEAT CRUNCH CREATED BY ROLAGRANOLA (ROLLAGRANOLA.COM). NUTRITIONAL ANALYSIS BY HANNAH BAILEY (WEECHOICE NUTRITION.CO.UK). AVAILABLE AT OCADO.COM



Mellow yellow

Cals: 211

Sat fat: 1.6g

Sugar: 24.8g

The base

- 70g frozen pineapple chunks
- 35g frozen banana chunks
- 60ml coconut milk
- ½ tsp sprouted buckwheat
- ½ tsp lucuma powder

The topping

- 10g Ras-mataz Apple Cinnamon Crunch (see below)
- 10g Flax Berry Crunch (see p58)
- 10g fresh apple slices
- 10g fresh banana slices

RAS-MATAZ APPLE CINNAMON CRUNCH

Makes 10 servings

- 2 tsp ground cinnamon
- 1 tbsp olive oil
- 40g fresh raspberries
- 40g fresh apple, chopped
- 20g macadamia nuts
- 20g hazelnuts
- 20g cashew nuts
- 20g almonds
- 2 tsp sunflower seeds
- 2 tsp pumpkin seeds
- 10g dried dates, chopped
- 5g desiccated coconut

- hemp oil, just enough to coat
- pinch sea salt
- 10g dried cherries

Gently fry the cinnamon and olive oil over a medium heat, stirring in the raspberries, chopped apple, nuts, seeds, dates and desiccated coconut until coated. Transfer all the ingredients to a baking tray, coat with hemp oil, season with sea salt, and dry in the oven. Once dried, mix in the cherries and store.

THE TOPPING

If the recipe calls for you to oven dry your topping, then this'll see you right*:



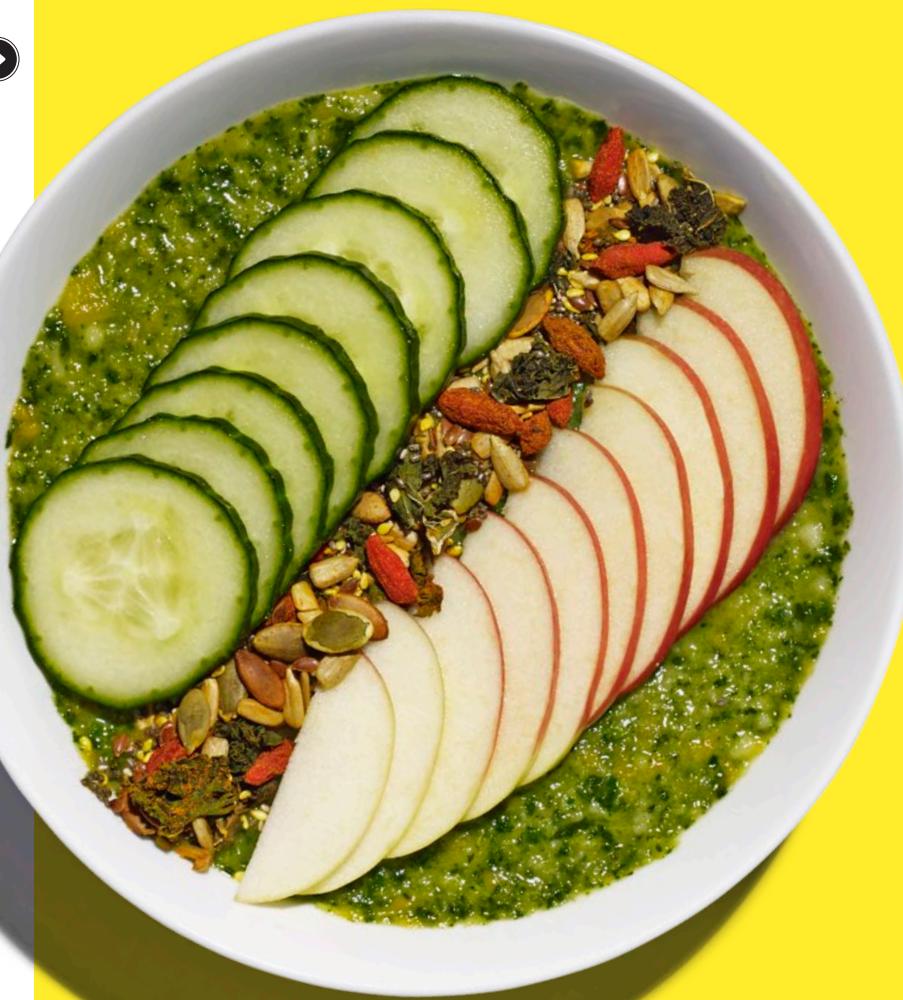
Brush with oil, dust with salt, and pop in the oven on the lowest setting for 20 mins.



Turn oven off, flip items over on the tray, prop oven door slightly open, and leave for 1 hour.



Close the door, restart the oven on lowest setting, leave for 15 mins, flip items, then leave a further 15 mins.



clean green

Cals: 187

Sat fat: 1.3g

Sugar: 11.7g

The base

- 45g frozen apple chunks
- 45g frozen spinach leaves
- 35g frozen peach chunks
- 60ml hemp milk
- ½ tsp moringa powder

- pinch dried lavender†

The topping

- 20g Flax Berry Crunch (see below)
- 10g fresh apple slices
- 10g fresh cucumber slices

FLAX BERRY CRUNCH**Makes 10 servings**

- 80g flaxseeds
- 80g fresh kale
- hemp oil, just enough to coat
- pinch sea salt
- 100g mixed raw pumpkin, sunflower and chia seeds
- 20g goji berries

Soak seeds in water with a pinch of salt for 2 hours until gooey. Chop the kale into 1in pieces, then wrap in muslin and dunk in boiling water for 2 mins, then ice-cold water for 2 mins. Pat dry. Shape the flax into 1in crisp shapes and place on a baking tray with the kale. Dry in the oven then crunch together and mix with seeds and goji berries.

Spice of life

Cals: 138

Sat fat: 0.6g

Sugar: 16.7g

The base

- 40g frozen courgette chunks
- 20g frozen bell pepper chunks
- 40g frozen carrot chunks
- 15g frozen green pitted olives
- 60ml hemp milk
- 1 tsp beetroot powder
- 1 tsp chilli jam
- ½ tsp baobab powder

The topping

- 20g Sun Blush Garlic Crunch (see below)
- 10g fresh radish slices
- 10g fresh carrot slices
- 5g spring onions, finely chopped

SUN BLUSH GARLIC CRUNCH**Makes 10 servings**

- 200g sun blush tomatoes, finely chopped
- 120g spring onion, chopped
- 80g celery, finely chopped
- sesame oil, enough to coat
- pinch garlic powder
- pinch Himalayan pink salt

Wrap the veg in muslin and dip into a pan of boiling water for 2 mins, and then ice-cold water for 2 mins. Pat dry, then place on baking trays, coat with oil, season with garlic and salt, and dry in the oven. Once dried, crunch it all together. **WH**

