

Healthy indulging?



Happy silly season everybody! This is such a great time of year with the warming weather and everyone getting ready for some quality time out with friends and family. It can also be a crazy time that increases our stress levels and leads us to eat foods we may not normally eat, especially as rich Christmas fare is rolled out for every gathering. So how do you enjoy beautiful food with friends and family while still eating well and catering for different diets?

If you are hosting events or bringing a plate, try serving a lighter summer-inspired dish to complement the richer food that will be offered. Simple options are summer fruit kebabs with a dipping sauce made of coconut yoghurt and melted dark chocolate, or grilled kebabs made with summer vegetables and marinated tempeh cubes. Make this [pesto](#) using the woody stalks from asparagus, perfect for spreading on the tempeh kebabs or serve with sourdough breads and vegetable slices instead of chips and crackers. Nuts lightly toasted in tamari also make a great snack. A salad is always welcome- a potato salad can be transformed using yoghurt, mustard and lemon juice instead of salad dressing, or drizzle with [miso mayo](#). For a festive dessert have a try at this [raw cashew citrus cheesecake](#) (pictured) from One Green Planet. Pitchers of fruit-infused soda water make it easier for to reduce your alcoholic drink intake.

Come and chat to us if you are stuck for ideas, we have a great range of healthy treats from vegan celebration roasts to gluten-free xmas cake. While in store check out our great gift ideas, including Organic Living gift vouchers.

Ecotip: *Instead of buying xmas wrapping, try using recycled brown paper bags and colourful wool instead of ribbon. Keep any wrapping paper you receive to reuse next year!*

New: The Herb Farm introduces new skincare mini gift packs just in time for Xmas. These contain 15-20 mls of each of the cleanser, toner, moisturiser and exfoliating powder, and are perfect for trying range or for summer travels. From \$34.90.



The humble **dandelion** is a common sight in our gardens and fields in summer. This time of year is also when the dandelion's medicinal properties really come in handy. Dandelion is most commonly used for its detoxifying effects. The dried root helps detox the liver and digestive system making it a great herb to be taking at this time of year to help our bodies process the extra rich food and alcohol we may be consuming. The leaves are cleansing for the kidneys, and are great for fluid retention (helpful in the heat). And you can eat the fresh leaves if not sprayed! [See here](#) for more information.

Feature - Summer breakfasts



With all the festive indulging we have been talking about, breakfast is a great time to rebalance our diet and help us through the busy days ahead. If your standard breakfast is toast and coffee, have a look at these refreshing options:

Muesli may sound boringly nutritious, but it can be whatever you make it! There are a multitude of pre-made mueslis and granolas in delicious flavours such as cranberry macadamia, including gluten-free options. If you want to make your own, your base can be anything from oats to buckwheat, amaranth, quinoa or rice flakes, or puffed grains for a lighter option. Additions like coconut flakes or LSA can increase the texture, flavour and nutrition of your muesli. For more protein add coarsely ground nuts and seeds. The dried fruit defines the flavour- make it tropical with papaya and pineapple, or even chocolatey with cacao nibs! You can add spices like cinnamon or vanilla, or try adding dried fruit powders like blackcurrant. Eat this raw as a bircher muesli (soaked in water or juice overnight), or toast in honey and oil for a granola. Serve with fresh summer fruit and any milk or juice of your choice. Or try these [breakfast bowl](#) recipes for inspiration!

All the above ingredients can also go into making a **smoothie**. The joy of smoothies is the only limit is your imagination. Come and check out our range of superfood and protein powders which can be used with water or blended into any smoothie mix. Smoothies can also be a great way to get a sneaky dose of greens - blended with some fruit you hardly know they are there!

Try our organic free-range bacon and eggs for a protein-filled savoury breakfast option, delicious served with salad or sauerkraut, or on a slice of sourdough bread (try our paleo bread options!) For a vegetarian option try this tofu scramble recipe from Tonzu. Or try one of our organic meat or vegetarian sausages with homemade hashbrowns. Yum!

Special- If you are needing fine almond flour for your Christmas baking, we have Bob's Red Mill blanched almonds 453g for only \$15.80 (normally \$22.60). While stocks last!



New: Ace Bio water filter jugs remove 99.9% of chlorine, flouride, heavy metals and even bacteria - perfect for use with city or tank water supplies. It also alkalises and mineralises the water. Only \$132.