



hanover healthfoods

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OCTOBER 2014 ISSUE

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the original pukka teas



Pukka Teas

3 for £5

(Strictly whilst stocks last and doesn't include Supreme Matcha Green Tea)

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Pocket Friendly Superfoods



The latest superfoods, like blueberries or acai berries can be rather pricey, especially if you want to take them all the time. While those superfoods are fantastic sources of nutrition, you don't need to hop on the trendy food bandwagon, guzzling blueberries while your bank balance takes the hit.

Cheap superfoods exist! Hurrah!

For example, did you know that the humble prune contains three times more antioxidants than blueberries?

The following are the cheap superfoods that you *have* to add to your shopping list:

Cabbage: this humble vegetable packs a superfood punch. Rich in antioxidants, lutein and zeaxanthin, nutrients that are essential for maintaining healthy eyes. Cabbage also contains B-vitamins that keep brain and nervous system healthy. Cabbage boasts essential minerals which are necessary for healthy bones and it is an superfood ideally suited to healing the gut.

Broccoli contains beta carotene, lutein, zeaxanthin which keep your eyes

healthy. It also contains vitamin A and vitamin C to strengthen immune system. Broccoli also boasts anti-cancer properties alongside B vitamins for nerves. Broccoli is also a source of minerals like calcium, which are essential for maintaining health bones.

Sauerkraut, this tasty naturally fermented cabbage is jam-packed with fibre and prebiotics for a healthy digestive system, vitamin C to strengthen your immune system and iron to prevent against anaemia. Sauerkraut is heavenly served with sausages, with goulash or even roasted veggies with its mild slightly tangy flavour. Why not make it part of your autumn dinners as the nights draw in? It's available in store!

Beetroot is a potent source of glycine betaine that helps to lower homocysteine levels. Containing vitamins which help keep your skin healthy, with essential minerals and nitrates that help to lower blood pressure, no wonder beetroots are superfoods! They taste great roasted, pickled, in soups, or even used in chocolate brownies recipes!

Prunes have three times the antioxidants of blueberries. Packed with vitamins, full of fibre and natural laxative sorbitol, these dried plums protect against osteoporosis due to high amounts of boron which helps maintain bone density alongside other essential bone nutrients. And they are available in store!

Tomatoes are a superfood too! Probably not so super smothered with mozzarella on a pizza, but these fruits are stuffed with powerful anti-oxidant
(continued overleaf)

Yummy Autumn Recipe!

This Quinoa Stew with Squash and Prunes is a delicious and warming vegetarian treat for the coming colder months, although at time of writing there aren't many signs of the temperature plummeting.

It is full of naturally occurring anti-oxidants, fibre and protein. Why not make a double recipe and then freeze the excess as portions? It will keep you away from expensive and yakky ready meals.



Ingredients

- 1 small butternut squash or sweet potato, deseeded and cubed
- 2 tbsp extra virgin olive oil
- 1 large onion, thinly sliced
- 1 garlic clove, chopped
- 1 tbsp finely chopped ginger
- 1 tsp Middle Eastern spice mix
- 200g quinoa
- 5 prunes, roughly chopped
- juice 1 lemon
- 600ml vegetable stock like Marigold Bouillon
- seeds from 1 pomegranate
- small handful mint leaves

Method

1. Heat oven to 200C/180C fan/gas 6. Put the squash on a baking tray and toss with 1 tbsp of the oil. Roast for 30-35 mins or until soft then season.
2. Meanwhile, heat the remaining oil in a big saucepan. Add the onion, garlic and ginger, season and cook for 10 mins. Add the spice and quinoa, cooking for another couple of mins. Add the prunes, lemon juice and stock, bring to the boil, then cover and simmer for 25 mins.
3. When everything is tender, stir the squash through the stew. Spoon into bowls and scatter with pomegranate seeds and mint to serve. Then devour.



What are your favourite 'superfoods' or nutrient packed recipes?

Drop us a line at info@hanoverhealth.co.uk and if we like it we will share it with others.

Lycopene as well as zeaxanthin, lutein. Tomatoes are also rich in minerals and B complex vitamins that your brain needs to be healthy.

It's not just foods that can be super, but spices too! Turmeric is anti microbial, anti-flatulent and anti-inflammatory, liver protective and protective against certain types of cancer. As well as vitamin C and iron to keep your blood healthy it is full of essential trace minerals to keep your skeletal system resilient. Add it to curries, chillies or spicy soups, yum

Not to be left out is Cinnamon, a superfood in its own right. Anti-oxidant, anti-septic, anti-inflammatory, this warming and soothing this spice aids digestion and controls blood sugar! Packed with vitamin and minerals, alongside anti-oxidants such as carotenes, zeaxanthin, lutein and cryptoxanthin that you need to keep your eyes healthy. Add it to everything! Coffee, tea, roasted or stewed fruits, to porridge, to curries, pancakes or chillies!

Can any protein sources be a superfood without breaking the bank? Enter the little powerhouse of protein: eggs. Full of vitamin A which helps keep the soft tissues healthy, and lecithin which strengthens cellular structures and aids in the digestion of fats. They also contain minerals for healthy bones and B-vitamins for a healthy nervous system!

If you love to eat fish, wild mackerel is the superfood for you. Full of EFA's wild mackerel keeps your joints lubricated, your cardiovascular system healthy and EFA's essential for a healthy brain as it is full of B-Vitamins and trace minerals. Not to mention mackerel is a rich source of protein and contains the antioxidant Coenzyme Q10. CoQ10 is great for increasing energy, strengthening immunity and it is anti-carcinogenic.

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