

# *Alison Marsden's Lunch Club*

## *at Kitridding Farm Café*

Menu for Tuesday 18th July 2017

### Main Course—ingredients in brackets

**Sweet Potato and Apple Mint dip** (Sweet Potato, onion, apple, rapeseed oil, apple mint leaves, sea salt, cayenne pepper)

**Celery and almond dip** (celery, apple, onion, ground almond, chives, creamed coconut, sea salt, pepper)

**Aubergine and sun dried tomatoes** (aubergine, apple, onion, rapeseed oil, sea salt, cayenne pepper)

**Butternut squash and ginger wedges** (Butternut squash, rapeseed oil, ginger, sea salt, pepper)

**Sauerkraut** (cabbage, sea salt)

**Mixed Greens** (Pea leaves, sage, fennel, chives, parsley, rocket, kale)

**Soaked and Sprouted Almonds**

### Dessert

**Yoghurt Substitutes various flavours including** pomegranate and apple, lemon and ginger and a lighter version of blackberry and pear. (Oats, almonds, creamed coconut with various fruit)

Drinks—spring water and a selection of Pukka teas



*I try to source organic and local (from Growing with Grace where possible) giving better flavour and less artificial fertilisers and pesticides.*

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## Why this food is so good for you

**Salads** Greens—these help you digest the food easily, provide you with the essential minerals, flavour the food to stimulate all your tastes and provide you with the essential colour on your plate.

**Sauerkraut** is a naturally fermented cabbage and has a vinegary taste. It is an excellent condiment to eat with salads. Raw food has the live digestive enzymes in them but Sauerkraut has the additional property of being a live probiotic helping your digestion and cleansing the bowels as you absorb the food. It contains about 50 strains of bacteria and is a far superior probiotic than the tablet form which may only have a few strains.

**Dips**. These dips are made with roasting or boiling and then liquidising the vegetables. They containing no preservatives and are made with alkaline forming foods to help revitalise your cells and make digestion as easy as possible. This all helps you feel energised after eating the meal rather than sluggish.

The flavours are chosen to complement the other vegetables (a bit like companion planting) and provide pleasant colour to the eye.

**Protein** This is provided in the soaked almonds and greens It provides you with very easily digested protein and calcium.

### Yoghurt Substitutes

These provide you with dairy free and high calcium dessert which are quick and easy to make.

*Most people's experience after eating these foods leaves them feeling light, satisfied and energised. It is 'light' as it is prepared so it is very easily digested; 'satisfied' as all the taste buds are stimulated and visually it is stimulating and finally 'energised' as the food is: helping you get hydrated, has low GIs (stabilising sugar levels) and is alkaline forming.*

\* Prebiotics—promoting the growth of beneficial intestinal microorganisms.

