

### HEALTHY BOOKS THE FRESH VEGAN KITCHEN

A new way to look at eating raw and vegan by David and Charlotte Bailey, the founders of Wholefood Heaven street food. From filling, hearty mains to dips, pickles and desserts, this book is about healthy living, without it being all-consuming. Dishes include a raw phad thai, mushroom-filled chickpea pancakes and Vietnamese summer rolls. (£16.99, Pavilion Books).



# Healthy News

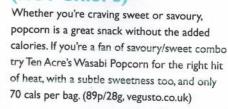
Six fresh ideas and simple changes for healthier living Words ANNA GLOVER

### What the heck is KEFIR?



Kefir is a fermented milk drink, which tastes a lot like a natural yogurt smoothie. It's full of live cultures, which aid digestion, the metabolism, and the immune and nervous systems. We like Bio-tiful Dairy's kefir, which is made from organic milk from Devon to create a smooth. refreshing drink with a little sourness, too. (£1.99/250ml, partridges.co.uk)

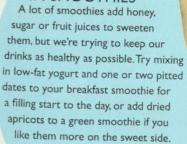
## ONE SIMPLE CHANGE SNACK ON POPCORN (NOT CRISPS)



# HIGH-STREET PRODUCT VITACOCO COCONUT OIL Coconut oil is being linked to a number of health benefits.

Although it is very high in saturated fat, the form of fat it contains is more easily digested, so it provides a ready source of fuel, is less likely to be converted to body fat for storage, and helps produce the fullness factor. That said, coconut oil is still a rich source of calories, so use it sparingly for cooking where it adds a sweet richness. This one is 100% raw and cold-pressed so it's a good choice. Try swapping it for oil in your next recipe. (£5.99/250ml, Tesco)

### A healthy trick **USE DRIED FRUIT** IN SMOOTHIES





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# Why eat chia seeds?

High in protein, fibre and important omega-3 fats, these seeds are a superfood that have many uses. Add to cakes, biscuits, salad dressings, porridge or even jams for a tiny crunch that provides a whole lot of goodness. (£5.53/300g, ocado.com)



