

DELICIOUS HEALTHY FOOD

the healthy chef

JANUARY 2011

Recipes for Life

gluten free
wheat free
sugar free
Low GI

101 ways
to
LOSE WEIGHT

RAW ENERGY DETOX SMOOTHIES

Strawberries + cream

Blueberry + coconut

Cherry Ripe

Eco banana cream pie

the world's healthiest chocolate chip cookie



Hi GUYS

I'm very excited about this first issue for 2011 and the launch of my first i-phone app called "101 ways to lose weight". The app shows you how to shop - how to cook - how to eat and how to exercise for optimum health, weight loss and well-being. Download it from iTunes or go to my web site www.teresacutter.com and click on the app which is on the home page and it will take you straight to it.

I'm getting out my favorite Vita Mix blender and making some awesome smoothie recipes and discovering how easy it is to make the world's healthiest chocolate chip cookie with only 5 ingredients!

Eat well + stay healthy

Teresa x

Extract from my NEW iphone app.

A NEW BEGINNING

When it comes to fat loss, it's all about switching your body to burn more energy, revving up your metabolism and eating the right kind of nutrient dense foods for your activity level and healthy lifestyle. For weight loss to work effectively, it's important that you need to look at this as a lifestyle, not a diet. A lifestyle that will ultimately help you become leaner, fitter and healthier for the rest of your life.

Losing weight and being healthy takes dedication by working on all aspects of your self for it to be effective. Eating the right foods, getting regular exercise and making the right lifestyle choices are the key ingredients of staying lean, fit and at a healthy weight. In addition to lowering the risk of heart disease, stroke, diabetes, and high blood pressure, keeping weight in check and nourishing the body can also lower the risk of many different cancers.

101 ways to lose weight shows you the most effective ways to lose weight and keep it off for good.

HOW TO SHOP - HOW TO COOK - HOW TO EAT - HOW TO EXERCISE FOR A LEAN PHYSIQUE.

This app is for people who've made a conscious decision to maximize their health and well being and it will inspire people to take better care of themselves and to give your body what it needs through positive lifestyle changes that will keep you lean and healthy for the rest of your life.

Detox Smoothies

Strawberries & Cream Smoothie

1 cup frozen strawberries
1 tbsp ground flaxseed
250 ml almond milk
1 tsp raw honey

Combine all the ingredients in a good powerful blender and blend until lovely and creamy. Serve immediately and enjoy.

Blueberry & Coconut Smoothie

1 young coconut
1 cup frozen blueberries
1 tbsp ground flax seed

Combine the young coconut juice and flesh, blueberries and flax in a good powerful blender and blend until smooth and creamy. Serve immediately and enjoy!

What it's good for:

Whopping amounts of antioxidants, protein and omega 3 as well as being alkaline to support and nourish your liver and immune system.

Gluten free - sugar free - low GI - high omega 3 and protein

High in Vitamin C to support healthy skin and immune system. Young coconut water acts like an electrolyte to help hydrate your cells, transport energy and boost metabolic rate. Flax is high in omega 3 that also helps stimulate the secretion of leptin, a hormone to suppress appetite and burn stored body fat.

Gluten free - sugar free - low GI - high omega 3



Detox Smoothies

Cherry Ripe Smoothie

half cup frozen cherries
1 tbsp ground LSA
250 ml organic rice milk
1 tsp raw honey

Combine all the ingredients in a good powerful blender and blend until lovely and creamy. Serve immediately and enjoy.

Banana cream pie smoothie

1 frozen banana, chopped
1 pear, chopped
250 ml almond milk
1 tbsp LSA (linseed, sunflower seed and almond)
1 tsp vanilla extract
pinch cinnamon

Combine all the ingredients in a good powerful blender and blend until smooth and creamy. Serve immediately and enjoy!

What it's good for:

Cherries are packed with the antioxidants C + E which help support the immune system and fight disease. LSA is a combination of linseed, sunflower seed and almond - high in vitamin E and omega 3 essential for heart and brain health.

Gluten free - sugar free - low GI - high omega 3

Bananas are a terrific energy food and a great source of potassium, an essential mineral for maintaining normal blood pressure and heart function. Pear helps promote cardiovascular and colon health as well as lowering cholesterol. Adding a touch of cinnamon helps utilize blood sugar and boosts brain activity!

Gluten free - sugar free - low GI - high omega 3 - high protein

the worlds healthiest chocolate chip cookie



Almonds are a fantastic Alkaline nut chock full of essential fats, protein, antioxidants and fibre to help lower cholesterol and keeping you fuller for longer. Also high in the amino acid glutathione one of the most powerful antioxidants that also occurs naturally in our cells. It's needed by the body to repair cells and maintain a healthy immune system. Cold pressed organic Coconut oil is full of lauric acid that helps nourish the immune system and helps the metabolism. Raw cacao beans which are high in magnesium and contain more antioxidants than red wine or green tea

150 g almond meal

60 g organic cold pressed coconut oil or grape seed oil

50 g honey (2 tablespoons)

1 teaspoon vanilla bean extract

50 g good quality dark chocolate, or raw cacao nibs

Combine the first 4 ingredients then add the dark chocolate and form into a dough. Using a small ice cream scoop or spoon form into 8 cookies. Press onto a baking tray lined with a sheet of baking paper. Bake in a low 150 C oven for 20 - 30 minutes until golden. Cool completely before devouring. ! enjoy .

wheat free - gluten free - high protein - Low GI - sugar free