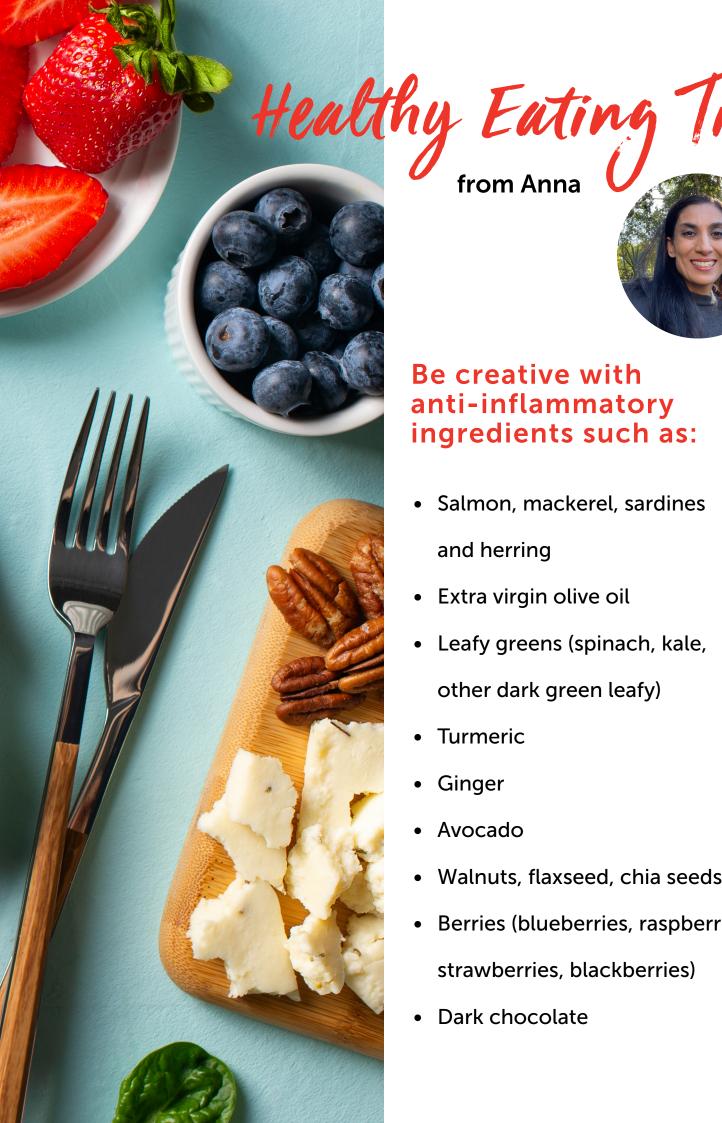
Holiday Season







Be creative with anti-inflammatory ingredients such as:

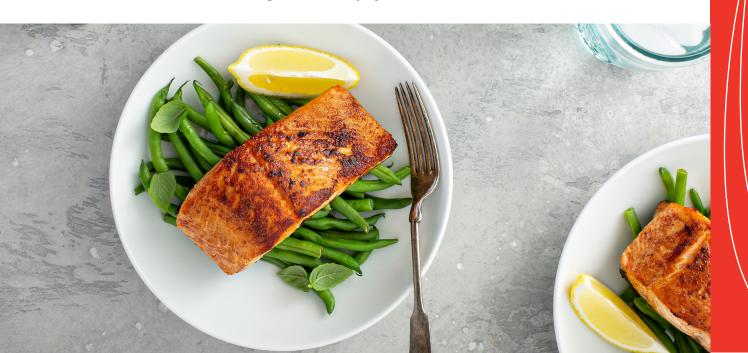
- Salmon, mackerel, sardines and herring
- Extra virgin olive oil
- Leafy greens (spinach, kale, other dark green leafy)
- **Turmeric**
- Ginger
- **Avocado**
- Walnuts, flaxseed, chia seeds
- Berries (blueberries, raspberries, strawberries, blackberries)
- Dark chocolate

Turmeric Ginger Salmon Serves 4 Ingredients

- 2 salmon fillets
- 1 tsp turmeric powder
- 1 tsp grated ginger
- 2 tsp olive oil
- Salt and pepper to taste (less salt the better)
- Lemon wedges for serving

Method

- 1. Preheat your oven to 200°C
- 2. In a small bowl mix turmeric powder, grated ginger, olive oil, salt and pepper to create a marinade.
- 3. Place the salmon fillets on a baking tray lined with baking paper.
- 4. Brush the turmeric-ginger marinade over the salmon fillets, ensuring they are well-coated.
- 5. Bake in the preheated oven for about 15-20 minutes or until the salmon is cooked through.
- 6. Serve with lemon wedges and enjoy!



Buby Spinach Salad with Walnut Vinaigrette

Serves 4

Ingredients

- · 4 cups fresh spinach leaves, washed and dried
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup walnuts, chopped
- 2 tbs extra virgin olive oil
- 1 tbs balsamic vinegar
- 1 tsp honey
- Salt and pepper to taste
- Feta cheese (optional)

Method

- In a large salad bowl, combine the fresh spinach leaves and mixed berries.
- 2. In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper to create the vinaigrette.
- Pour the vinaigrette over the salad and toss gently to coat the ingredients evenly.
- Lightly toast the walnut over a medium heat and sprinkle chopped walnuts over the salad.
- 5. If desired, crumble feta cheese on top for added flavour.
- 6. Serve immediately and enjoy!

Chocolate Sunshine Balls

Serves 4

Ingredients

- 40g dried cranberries
- 20g chia seeds
- 150g pitted dates
- 150g water
- 1 ripe banana peeled

- 250g of traditional rolled oats
- 1 tsp vanilla essence
- ½ tbs honey
- 1 tbs dark chocolate cocoa powder
- 45g desiccated coconut lightly roasted (for rolling)

Method

- Place cranberries and chia seeds in a small bowl, cover with water and set aside
- 2. Place dates and water in a small saucepan and summer for 8-10minutes till water boils and dates soften.
- 3. With a fork, smash dates to form a paste
- 4. In a large mixing bowl add all other ingredient, except the coconut, and mix to combine
- 5. Roll mixture into small balls and roll into coconut
- 6. Place on a plate in the fridge or freezer to harden up and enjoy!

