

The naturopathic advisor



Naturally Good Health has teamed up with experts from the College of Naturopathic Medicine to answer some of your burning health questions. This issue, you asked:



I love dessert, but how can I make it delicious and healthy?

We all love desserts! Thankfully, making them healthy, nutritious and delicious isn't difficult. For starters, keep them as natural as possible, and avoid using processed ingredients and heaps of sugar. There are tons of healthy and natural dessert options. Try stewed fruit or

berries with oat and cinnamon crumble, healthy energy bites, dark chocolate dipped strawberries or pineapple, banana with nut butter, fruit parfaits or chia pudding.

One of my favourite healthful desserts is this mint chocolate mousse. It's simple to make and with all the added health benefits, is completely guilt free. Best yet, it tastes amazing!

Once tasted, you won't believe this mousse is high in vitamins B, C and E, potassium, zinc, magnesium, iron, antioxidants and fibre. Avocado provides essential fats, which play an important role in supporting mental function, cardiovascular health, the nervous system, skin and hormonal health, and help to reduce inflammation.

Additionally, fresh mint leaves are an excellent digestant. And raw, unprocessed honey is a natural energiser, which also contains strong immune-supporting compounds. Yum!

Mint chocolate mousse

Ingredients:

- 1 avocado
- 1 banana
- 4-6tbsp raw cacao powder (depending on how rich you want it)
- 4 tbsp full-fat coconut milk
- 5 mint leaves (optional)
- 2tbsp raw unprocessed honey

Method:

- Put all ingredients into a food processor and blend until it has a nice smooth consistency. Leave to set in the fridge for an hour.

Toppings:

- Sprinkle on your favourite healthful topping such as bee pollen, raw cacao nibs, goji berries, crushed nuts, or fresh berries.



Your expert

Nutritionist and College of Naturopathic Medicine graduate, Jacqueline Ryan. Train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine, Acupuncture, or Homeopathy. Join at the next free open evening. Find out more at www.naturopathy.ie or call 01 6725036.



Welcome!
The Irish Association of Health Stores
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Organic options

Jill Bell, from the Irish Association of Health Stores (IAHS), discusses the benefits of buying organic and local.

The year gallops ahead, and as members of the Irish Association of Health Stores, we measure out our time in seasonal window displays and products. For example, right now we are looking at remedies for the dreaded hay fever season, stocking up on safe and effective insect repellents, deodorants and sunscreens, loading Irish-made kombucha in the chiller cabinet, and displaying multi-coloured organic summer vegetables in many member shops.

Is it really worth paying the extra for organic produce? We

would say for sure!

Whether the food is dried or fresh, a certified organic label ensures that the produce has not been dosed with pesticides, that the soil it's grown in hasn't been damaged by synthetic fertilisers and that there is no contaminated run-off to affect local water. Organic also helps to ensure that levels of minerals and vitamins in veg and fruit are higher than in regular produce.

And it isn't only humans and the environment that benefit; there is no routine use of antibiotics, drugs or wormers in organically reared animals and poultry, which are free range and

humanely treated, and organic farms provide havens for birds, bees and butterflies.

That said, not everyone can afford the organic label, and at your local farmers' market you can talk to local producers and buy the freshest of fresh produce from farmers who respect the environment and use minimal amounts of chemicals on their land.

Looking for salad dressings or mayonnaise? With or without egg, gluten free, with or without soya? We have the lot, as well as the ingredients to make your own.

For a slightly different and more substantial salad, try one

using chickpeas, aubergines and feta. Mix a (drained) can of chick peas and an aubergine in chunks with olive oil, a half teaspoon of smoked paprika and any other spice you like. Roast in a hot oven for 15 minutes, add some chopped walnuts and roast for a further 10 minutes. Cool and season. Dress with whisked juice of half a lemon, one tablespoon pomegranate molasses and one tablespoon olive oil. Mix in rocket, chopped coriander and parsley, and top with crumbled feta. Different, hopefully organic, and so good!

• Find out more at www.irishhealthstores.com

