



Hello Frequent Feasters!

The Cherry Blossoms in my street are in full bloom, which means just one thing. Spring is here.

Now is the time to come out of our caves! And in some cases shed that winter layer we have inadvertently added, but which is our body's natural reaction to the cooler months.



food in focus asparagus

Asparagus is around from early spring until mid-summer.

There are green, purple and white varieties. They all taste the same but white asparagus has been grown in the dark and purple asparagus turns green when cooked. Avoid the tinned variety at all costs!

Asparagus is a real fast food, as it only takes a few minutes to be steamed to perfection. Then simply drizzle some extra olive oil over the spears, season with salt and pepper and add a few shavings of parmesan cheese for a perfect meal.

Asparagus is a great source of folic acid, vitamin A, C and E, fibre and iron, as well as large amounts of potassium, calcium and phosphorous.

It is highly regarded for its medicinal virtues - a natural diuretic, it helps the proper function of the kidneys, liver and bowel, eases rheumatism and assists fertility and pregnancy!

So, go spear yourself some good health!



eat flip's famous fabulous blendie

Blendies are a great way to get a big vitamin and mineral hit and because you ingest the fibre which is lost when you juice fruit it keeps you feeling fuller for longer and you gain the other benefits of a high fibre diet.

ingredients

(Frozen) mango or bananas
Berries
Kiwi fruit
Rose water – a splash
200 ml water (or apple juice) or more depending on the consistency you like

Blend ingredients and drink.

optional extras

- tablespoon psyllium husk – add last and drink immediately otherwise it gets very gluggy.
- a dollop of yogurt
- a few pecans

buy

Spring heralds the arrival of several wonderful fruits and veggies. Don't forget to add the following to your weekly shopping list.

- Pink Grapefruit
- Berries
- Asparagus
- Mandarins
- Oranges
- Pineapple
- Avocados
- Watercress
- Spring onions
- Peas

All Flip's Mueslis are now wheat-free - they'll be available at your favourite supplier soon.

make wild rice salad

This is one of my all time favourite salads. It can be eaten warm or cold and travels well to work.

It's one of over 160 delicious recipes from my cook-book GREEN - read more and order online at <http://www.flipsmuesli.com.au/green.html>

ingredients

100 grams wild rice, uncooked
150 grams (1 cup) chickpeas, cooked (or soya beans)
300 grams (1 medium) sweet potato, diced
200 grams (one small head) broccoli florets
100 grams (handful) snow peas
100 grams cherry tomatoes – try half red & half yellow
¼ cup fresh coriander leaves, chopped
Handful bean shoots, for garnish

dressing

¼ cup sweet chili sauce
2 tablespoons vegetable oil
1 tablespoon light soy sauce
2 tablespoons lime juice
1 teaspoon honey, if desired

Cook rice according to packet instructions and let cool slightly.

Roast sweet potato until outside is starting to go brown. (roast diced and peeled potato in 220 degree/gas mark 8 for 25 mins)

Steam vegetables and refresh under cold water.

Place all ingredients in bowl and mix well.

To make the dressing, combine all ingredients and drizzle over the salad.

Garnish with bean shoots.

do spring cleaning

With the change of season it's a great time to make some changes at home. Clean out the cupboards, fridge, freezer and pantry. Check all use-by dates and ditch anything that's past its time.

Buy some new tea towels for the kitchen and some colourful and sweet smelling flowers (yes, lads – that means you too!) for your bedroom or living room – they will last now that the central heating isn't on so much!

Sweep your courtyard, balcony or garden path. Oil your outdoor furniture (or wash off the bird and possum poo) and get ready for some lunch time al fresco eating.

For those of us who have been indoors at the gym doing spin classes or working on core strength, pilates and yoga now is the time to take those activities outside in the garden, deck or park.

For those who have enjoyed a winter hiatus, now is the time to start moving. Don't forget to build up your exercise regimen volume and intensity slowly. If you go from zero to hero you will end up injured and annoyed.

flip on the radio!

Catch Flip each weekday at 10.30 am on Neil Mitchell's program, Melbourne 3AW (693 AM) talking TV! Also each Monday at 8.15am on 3RRR (102.7 FM), talking food.

win!

Simply email to win@flipsmuesli.com.au a photo of yourself eating my muesli and write in 50 words or less why you would like to win a muesli pack (3 x 750 g packets of muesli and a signed copy of GREEN).

CLUE: the cleverer the better!



Terms and conditions

- Entries need to be received by 30 October 2006.
- Only one entry per person.
- Digital image file size must be under 1 megabyte.
- The winner will be notified by 15 November 2006.
- The judges' decision is final and no correspondence will be entered into.
- The winning pic and paragraph will be used in the summer Newsletter.
- Have fun!

quote: To properly explore the oceans, you must sometimes lose sight of the shores.