

### Hello Frequent Feasters!

Welcome to the first Frequent Feasters Newsletter, which I hope will provide you with some light entertainment, a little inspiration and some info. As the late great Big Kev would have said, "I'm excited!"

Well, we are nearly half way through the year which means we've only got one more public holiday up our sleeve til the end of the year and it's only a matter of time before we get bombarded with Christmas shopping ads. That's the bad news. The good news is, it's Winter.

I hope you are enjoying the cooler months and all they have to offer... like the different fruit and veggies at the market. The Crucifer family (otherwise known as the anti-cancer agents!) including cabbage, Brussels sprouts, cauliflower and broccoli are all around now, as are the wonderful fruits including rhubarb, pink lady apples and custard apples.



### custard apples

Did you know... custard apples are in season from Autumn until late Winter and range in size from a tennis ball to a football but it's best to buy medium sized fruit... something like a softball!

Their skin, which is yellowish to green, is inedible while the flesh, which ranges in colour from white to yellow, is totally delicious.

When choosing custard apples, don't be put off by any brown patches, as that's actually the sign that they are ready to eat. They should be just soft to the touch. Remember to transport them home carefully. I usually nestle them in amongst some of the loose leaf lettuces. Store them at room temperature but eat them soon after purchase. And keep your eye on them, because like avocados, once ripe they deteriorate quite quickly.

Custard apples are fabulous in smoothies or milkshakes or poached in coconut milk for a delicious dessert.

You can also freeze custard apples. Once 'frozen' (although they don't freeze in the true sense of the word) carefully cut them in half and eat the flesh with a spoon for a healthy alternative to ice-cream. Don't forget to spit out the pips.

Custard apples are not related to apples but they do taste like custard.

If you want to make a change to your muesli in the winter...  
try some warmed milk or warmed stewed apple on top.

## frequent feasters

### eat

Fancy a Kohlrabi Slaw, Sweet Potato and Red Lentil Soup, some Sweet and Sticky Onions or Fruity Polenta Crumble? My taste buds are watering just thinking about these delicious dishes which evoke winter. If you need tips on how to whip up some meals using these hero ingredients, try my cookbook GREEN available at bookstores and now available for purchase on line at [www.flipsmuesli.com.au/green.html](http://www.flipsmuesli.com.au/green.html). Here's a sample!

#### Sweet Potato and Red Lentil Soup

This soup warms you on the outside first by its lovely colour. It's so simple to prepare, requires few and often stocked ingredients and is quick to get on the table.

2-4 serves

1-2 tablespoons olive oil  
1-2 garlic cloves, grated  
1-2 bayleaves  
1 onion, diced  
1 kg sweet potato, peeled and diced  
1 cup red lentils, washed  
6 cups stock  
seasalt and cracked black pepper, to taste

Warm oil in saucepan.

Add garlic, bayleaf, onion and sauté until onion softens.

Add sweet potato, lentils, stock and bring to boil.

Season with salt and pepper.

Simmer covered for approx 30 mins.

Mash or blend to get required consistency.

TIPS:

If you like a smoother, creamier consistency add a potato during the cooking process or stir through silken tofu or yogurt at the end.

Add a dash of sweet Hungarian paprika for more colour and extra sweetness!

### do

Winter is also a good time to do different activities to the warmer seasons ...including such wonderful inactivities as sitting in front of a fire and drinking hot chocolate or having a long relaxing bath!

Another activity for the cooler darker months when you are more likely to be indoors is getting your computer(s) at home and work sorted out. Learn some new shortcuts and another program. A book I keep in my top drawer is my bible - Conquer Your Computer by Ms Megabyte. I can highly recommend it. This book has got me out of soo many sticky situations. Simple, bite size information that's easy for my brain to download! Check out [www.getmega.com](http://www.getmega.com).

In winter, the body's natural tendency is to hold on to some fat to keep you warm so it's generally harder to lose weight at this time when the body is fighting to keep it. It's kind of like a tug of war. So loosen the guilt straps and give in to a few winter's indulgences. Just remember not to over do it.

A way to counter balance the hot chocolates and sticky date puddings that get wheeled out at this time of year is to keep active. Anything done early morning is a fabulous feeling. The sense of achievement, the refreshing air, seeing the world before the sun does and energising your body are such positive powerful things.

So whether you are walking the dog, running alone, cycling with friends, doing tai chi or a few downward dogs in the backyard you are always rewarded when you get up early. Why not give yourself a gift every morning with an early morning rise? It's the cheapest but one of the richest gifts you can get.

For more info about staying well during the winter months, check out the wonderful website by award winning clinical nutritionist Samantha Gowing: [www.foodandhealth.com.au](http://www.foodandhealth.com.au). Sam (who is gorgeous on the inside and out!) takes Pilates and Yoga classes as well as cooking classes (not all at once!) which are informative and entertaining. I've done lots of them and always leave feeling energised and empowered. Grab a friend and go along. Sam can help you stay healthy in winter, so call her for a naturopathic consultation.

The next newsletter will be out in Spring, and stand by for a new muesli to be launched in Summer.

Thank you to everyone who has supported my new muesli venture – my wonderful suppliers, stockists and consumers. I am loving my new business and I hope you will continue to enjoy eating my muesli.

In the last few weeks there has been some publicity in the Melbourne media and I've got a few new stockists too – all of which you can check out on the website. And if you have any comments please email me.

**QUOTE: The most wasted day of all is that on which we have not laughed.**

Nicolas-Sebastián de Chamfort