

Eat yourself healthy

South Africans are notorious for our unhealthy lifestyles. To many this only becomes apparent when your visits to CapeGate Medi-Clinic become as regular as visits to CapeGate Shopping Centre.

Although we all know about our excellent medical services and how we are able to cure many diseases, very few of us know that more stops at CapeGate Shopping Centre could prevent stops at the hospital. This is if your stops are at the fresh food section of Pick 'n Pay, Checkers and Spar or at Fruit & Veg. Also a regular visit to Montagu Dried Fruit to choose from their range of nuts. The internet provides lots of information on

how to eat yourself healthy, but one such website to surely visit is that of Danielle Heard at www.artemisinthecity.com

Before you say to yourself that you cannot give up the good life, and will not read further, wait! Danielle shared just one of her recipes with us to prove that will not be the case:

"Finally, a delicious cookie that contains no refined sugar and is wheat-free, gluten-free, dairy-free and oil-free, made of nutrient rich ingredients like nuts, dates, apples bananas and dark chocolate!"

Most cookies contain ingredients that can cause health problems including food allergies, ADD, obesity and thout

diabetes. This recipe was developed especially for people who want to enjoy a delicious treat without the worry of consuming ingredients that can significantly impact their health and the quality of their life. Try this recipe and see that healthy food can be delicious!"



Danielle Heard, MS, HHC
Certified Holistic Health Counselor
Certified Natural Whole Foods Chef
Founder, Artemis in the City, LLC

Visit www.artemisinthecity.com
for more information

Ingredient List:

- 1 cup Rolled Oats
- ½ cup Rice Flour
- ½ cup Oat Flour
- 1/3 cup Tapioca Flour
- ¼ tsp. Baking Soda
- 1 tsp. ground Mexican Cinnamon
- ½ tsp. Sea Salt
- ½ cup Raw Walnut Halves chopped
- ½ cup Raw Whole Almonds chopped
- 1 cup Whole Pitted Dates soaked
- 1 small Apple chopped (approx. 1 cup)
- 1 ripe Banana chopped (approx. 1 cup)
- 1 tsp. Vanilla
- ½ cup Maple Syrup
- 50g, 85% Organic Dark Chocolate Bar (dairy free) finely chopped (approx. ½ cup)

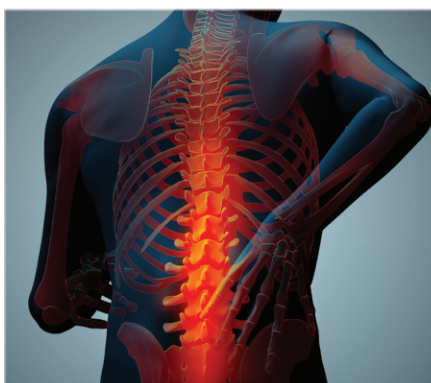
Directions:

1. Preheat the baking oven to 190 degrees celcius.
2. Place one cup of whole pitted dates into a bowl and add enough water to cover. Soak the dates for a minimum of 30 minutes to soften them.
3. Add the rolled oats to a large mixing bowl and then sift together into the mixing bowl the rice flour, oat flour, tapioca flour, baking soda, sea salt and Mexican cinnamon.
4. Next place the raw walnut halves into a food processor and using the s-blade finely chop. Pour the chopped nuts into the large mixing bowl with the oats and flour. Repeat this step for the raw whole almonds and add to the mixing bowl.
5. Once the dates have finished soaking and are soft, strain the dates from the water saving the liquid. Place the soaked dates into the food processor and purée with the s-blade until completely smooth. Add the chopped gala apple, 2 tablespoons of the water used to soak the dates, the chopped banana and the vanilla to the date purée in the food processor and continue to purée until smooth. Using a spatula, pour the puréed fruit into the large mixing bowl.
6. Add the maple syrup into the large mixing bowl and stir together well with the ingredients. Finally, gently fold into the cookie dough the chopped dark chocolate.
7. Line half-sheet baking trays with parchment paper. Drop one tablespoon of dough per cookie onto the baking tray. Use the back of a spoon to shape the dough into a cookie as this batter will not spread. Bake 6 cookies at a time on the half-sheet trays. Place the cookies into the oven and cook for 10 minutes (cook them for 5 minutes, then turn the tray and cook for another 5 minutes).
8. Remove the cookies from the oven and let cool. These cookies will be soft.



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