

# The Healthy Digest

A healthy Christmas might sound paradoxical, but 'The Nutritionista' Natalie Glaze is here to steer you through the season looking good and feeling great

## Five minutes with...

**TANYA MAHER,**  
FOUNDER  
OF TANYA'S  
RAW CAFÉ



Tanya's Raw Café has proved to be a booming success and its founder is also creator of best-selling DVD *Raw Food 101* and author of *The Uncook Book*. We meet one of London's raw food pioneers.

### Who are you?

Sometimes I'm 'Tanya the restaurateur', sometimes a raw food chef. At other times I go by 'blogger' or 'author of *The Uncook Book*', but I'm always a wellness coach.

### Describe Tanya's Raw Café...

It's a fully-organic, gourmet raw food restaurant. Inside, it's a balance between fancy and laid-back, hidden away and buzzy. The cuisine is raw yet comforting, artfully presented and homemade, cleansing but totally indulgent. We only work with organic, raw, plant-based ingredients and superfoods, which are free from dairy, wheat and gluten.

### Favourite dish?

I have three - Thai Curry Kelp Noodles with marinated vegetables, California Roll made with marinated oyster mushroom meat, and Caesar Salad with coconut bacon.

### Why do you love raw food?

I love how it makes me feel. My digestion really suits the high raw diet. With more raw foods in my meals, my skin cleared up, my energy levels rose and my whole immune system got as strong as a rock.

[betterraw.com](http://betterraw.com)



## Venue of the month Tanya's Raw Café

**What:** Tanya's Raw Café **Where:** Chelsea, Parsons Green and Selfridges Food Hall **Menu:** Plant-based, raw, organic, and, above all, delicious **More:** [tanyascafe.com](http://tanyascafe.com)

**T:** [twitter.com/TanyasCafe](https://twitter.com/TanyasCafe) **I:** [instagram.com/tanyaschelsea](https://www.instagram.com/tanyaschelsea)

**Good Things recommends:** Raw tacos and the Superfood cocktails

## Christmas-spiced fudge

MAKES 12-15 PIECES



### Ingredients

- 250g almond butter
- 40g coconut oil, softened but not melted
- 1 orange, zest and ½ the juice
- 3 tbsp maple syrup
- 4 tsp ground cinnamon
- 1 tsp ground all spice
- ½ tsp ground nutmeg
- ¼ tsp ground ginger
- ¼ tsp ground cloves
- 40g raisins

### Method

1. Line a shallow baking tray with greaseproof paper. In

a large bowl, beat together everything except the raisins, mixing until completely combined. Add the raisins and stir them through the mixture.

2. Turn into the lined tray and press down to form a ½ inch-deep, even layer.

3. Transfer to the freezer for 1-2 hours, then cut into squares and store in the freezer until ready to serve.

Recipe courtesy of Livia's Kitchen [liviaskitchen.co.uk](http://liviaskitchen.co.uk)

## HEALTHY TREAT OF THE MONTH

### Rebel Kitchen Coconut Mylk

This drink is the perfect thirst-quencher. Not only do the Mylks taste delicious, they are also nutritious and dairy-free. Available in handy lunchbox sizes, they're perfect for the whole family to enjoy.

**Flavours:** Chocolate, Coffee, Matcha and Chai

[rebel-kitchen.com](http://rebel-kitchen.com)

## GIFT IDEAS FOR HEALTHY FOODIES

Food Dehydrator, £49.99: Makes fruit and veg crisps, crackers and raw granola. [lakeland.co.uk](http://lakeland.co.uk)

The Milk Maker, £79.99: Homemade almond milk? A dairy-free dream. [hopsandwool.com](http://hopsandwool.com)

Nutribullet, £112.93: The all-round essential, no kitchen is complete without one. [buynutribullet.co.uk](http://buynutribullet.co.uk)

Spiralizer, £29.95: Perfect for enlivening vegetable dishes - courgetti anyone? [hemsleyandhemsley.com](http://hemsleyandhemsley.com)

## HEALTH TREND

### Mental wellbeing

We are living in a time where it's a given that we eat well and look after our bodies, but how many of us make time to look after our minds? In a digital age where no one switches off, mindfulness is really having its moment.

### Good Things RECOMMENDS:

**Best meditation app:** [Headspace](http://Headspace), [headspace.com](http://headspace.com)

**Best online course:** *The Life Class*, founded by Jacqueline Hurst, [thelifeclass.com](http://thelifeclass.com)

**Best book:** *The De-Stress Effect* by Charlotte Watts, [hayhouse.co.uk](http://hayhouse.co.uk)