

# Eat

METRO

PLUS

## Perfect roasties?

Our columnist John Vincent thinks he has the answer

## Move forward three spaces

...to the café that's perfect for Hungry Hippos

## Soups you, sir

From brilliant broths to carb-conscious cakes, get the latest gourmet gossip

# The big winter squeeze

Energise your January with Liz Earle's fruit and veg mash-up



# Juice you, madam!

Banish the back-to-work blues with a tasty slurp of vitamin-packed reds, yellows, oranges and greens. **Liz Earle's** new juicing book is brimful of healthy recipes, writes *Patrick Drummond*

## Beetroot beat the blues

The ability of beetroot juice to lower blood pressure has been known for years. But recent studies have also shown it helps increase oxygen efficiency – vital during exercise – which boosts stamina. This tasty red vegetable is also rich in magnesium, which may help to ease muscle tension, stress and anxiety. Juice it with sharp citrus fruits to soften the earthy flavour and add a little ginger to give a bit of zing!

◆ 1 orange, roughly peeled  
◆ 1 small handful of blueberries  
◆ 2-3 medium beetroots  
◆ 2 pieces of fresh ginger root, peeled ◆ ½tsp chlorella powder  
*Juice the fruit and vegetables, and then stir in the chlorella powder. Serve poured over ice.*

**F**EELING fed-up and full after all that holiday binge eating? Then up your efficiency levels and get your skin glowing again with a fruit and veg boost via a tasty super-smoothie.

Juice by natural skincare guru Liz Earle (Kyle Books) is a fab place to start for delicious and nutritious recipes – and we've got four drinks you can try now.

Liz (right) says: 'With the festivities firmly behind us, January is the perfect time to banish bad habits and spring-clean our internal systems.'

'Simple, freshly pressed juices, especially the green veg kind, are the perfect healthy fix for inner cleansing and a great place to start to renew energies.'

*Taken from Juice by Liz Earle (Kyle Books)*



**CELL MATE**  
Chlorella is a single-cell green algae high in protein and other nutrients



## Plumper skin perfecter

This is a juice for dry and mature skin. To tackle wrinkles, choose blueberries, blackberries, black grapes and dark cherries, all of which are rich in antioxidant anthocyanins. The vitamin C in the fruit is also useful for supporting collagen and elastin fibres. Blend these ingredients, though, because juicing removes their skins, which contain polyphenols and resveratrol – two phytonutrients that have been linked to longevity because of their ability to slow down cell oxidation. You can add essential fatty acids to the mix by piercing a capsule of evening primrose oil and a naturally sourced vitamin E capsule and add the contents to the juice. Or simply add a dash of cold-pressed flaxseed, rapeseed, walnut or olive oil. This is a fabulously pretty, subtly flavoured juice, and one that you can make if you don't have a juicer, as you could use freshly pressed apple juice from a carton.

◆ 2 apples ◆ 1 generous handful of seedless black grapes ◆ 1 generous handful of blueberries (about 30), blackberries or pitted dark cherries  
◆ ½tbsp of cold-pressed flaxseed, rapeseed, walnut or olive oil  
*Juice the apples and transfer to a blender. Add the grapes and your choice of berries or cherries and whizz until smooth. Stir in some pure plant oil.*





### Battery charge

This beautiful bright orange juice is a great way to start the day. Carrot juice contains high levels of beta-carotene, an antioxidant that can help oxygenate our blood, brain and body tissues. The addition of maca powder – rich in calcium, potassium and iron – also promotes oxygen transport around the body to fight fatigue.

◆ 3 carrots ◆ 1 garlic clove ◆ 1 orange, roughly peeled ◆ ½tsp maca powder  
 Juice the carrots, garlic and orange and then stir in the maca powder before serving.

GEORGIA GUNN SMITH



### Luscious lean leek

Leeks are rich in sulphur and therefore great for detoxing. But there is no doubt that leek juice is an acquired taste so do not add too much the first time you try this! Their flavour is so strong they will make your eyes water so be sure to juice them with something sweet. Coriander is rich in vitamins and minerals and adds a wonderful earthy flavour to this juice.

◆ ¼ small leek (including the upper green leaves) ◆ 1 lime ◆ 1 large tomato ◆ 1 small handful coriander (use fresh parsley if you prefer the flavour, as I do) ◆ 2 carrots  
 Juice all the ingredients and stir well before serving.

GRAB A JUICER OR ANOTHER FANTASTIC DETOX GADGET – SEE P37

## BRING ME JUICE!

Just groaned at the idea of juicing before you leave in the morning? Let one of these delivery companies do the hard work for you

- ◆ Branded the UK's first home delivery juice detox company, Raw&Juicy (rawandjuicydetox.co.uk) offers bespoke juice cleansing packages. Choose from Fruit & Vegetable Cleanse or Mega Green Cleanse, among others (both from £75 a day).
- ◆ Big Juice Ltd (bigjuiceltd.com) is an online juice bar with different blends as well as snacks like nuts and chia seeds to play with in your juicy mix. Pre-order for delivery on Wednesdays and Fridays.
- ◆ The Juice Executive (thejuiceexecutive.co.uk) specialises in vegetable juices. Go to its site to get a quote for your specific juices and delivery.

**Jenny Stallard**

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