

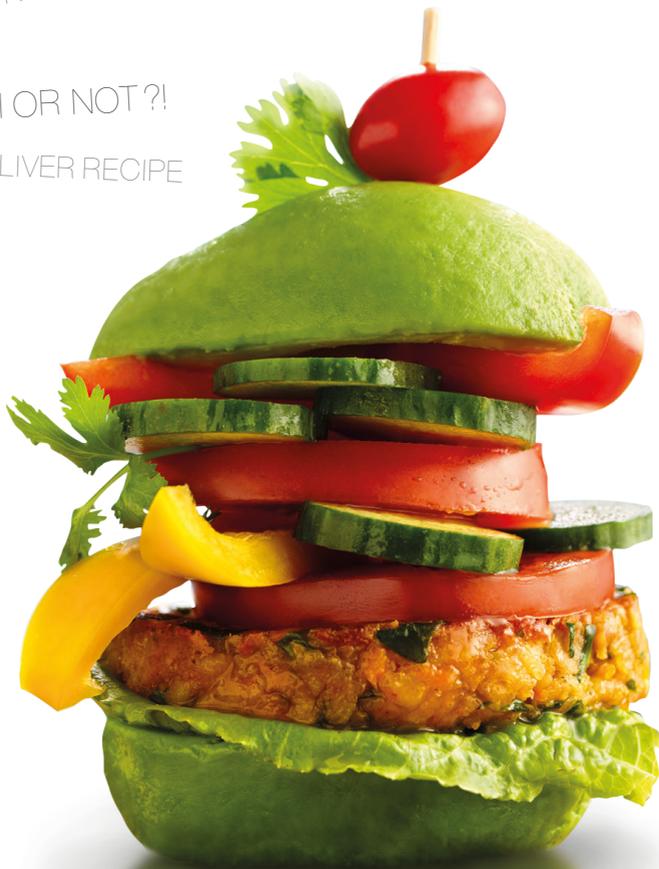
HEALTHY FOODPORN

MAGAZINE

HIGH-TECH DIABETES
CARE

VEGANISM OR NOT ?!

JAMIE'S OLIVER RECIPE



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HIGH-TECH DIABETES CARE

Daisy Low Fat Cottage Cheese has 13 grams of satisfying protein and 4 grams of carbs per 90 calorie ½ cup serving.

As time progresses, so do ingenious technological advances in diabetes self-management. Mobile health companies continue to launch handheld, mobile-enabled devices, apps, and services to help people better monitor blood sugar, insulin, healthful eating, exercise, weight, fitness goals, medications, and trends in real time.

Blood glucose meters can connect to iPads, iPods, iPhones, Blackberries, and Android smartphones so people can view results and share them with health care practitioners and family members. More sophisticated, integrated insulin pump and continuous glucose monitoring systems allow patients to receive the exact amount of insulin needed and monitor glucose levels all day. Many of these systems enable clinicians to observe these

data remotely in real time so they can better counsel patients. Insulin pump and meter-remote technologies are available, allowing people to test blood sugar, calculate a bolus, and tell the pump to deliver it up to several feet away.

One particular cellular glucose meter transmits each test result to a secure server, gives feedback to patients, and provides practitioners with real-time information.

There's even a new glucose meter available that calculates the precise amount of insulin needed based on a person's glucose reading and projected carbohydrate intake. In July, what really caught my eye (no pun intended) was the announcement that Alcon, Novartis' eye care division, entered into an agreement with Google to develop a smart contact lens



designed to continuously measure the body's glucose levels in tear fluid using noninvasive sensors and microchips embedded within the lens and connecting it wirelessly to a mobile device to show the results.

Today's Dietitian will cover the high-tech world of diabetes self-management more in-depth in a future issue. This month, the Dynamics of Diabetes article, "The Role of Food Diaries in Diabetes Self-Care," on page 14 discusses the different food diaries available, including some of the most popular apps that track healthful eating and more.

The next feature call "The Gut Microbiota" examines the association between gut bacteria and type 2 diabetes development. Be sure to read the other articles on the saturated fat controversy.

the 3,500-calorie-per-pound rule; and the best holiday desserts for diabetes patients. Please enjoy the issue!

STAY ON TRACK

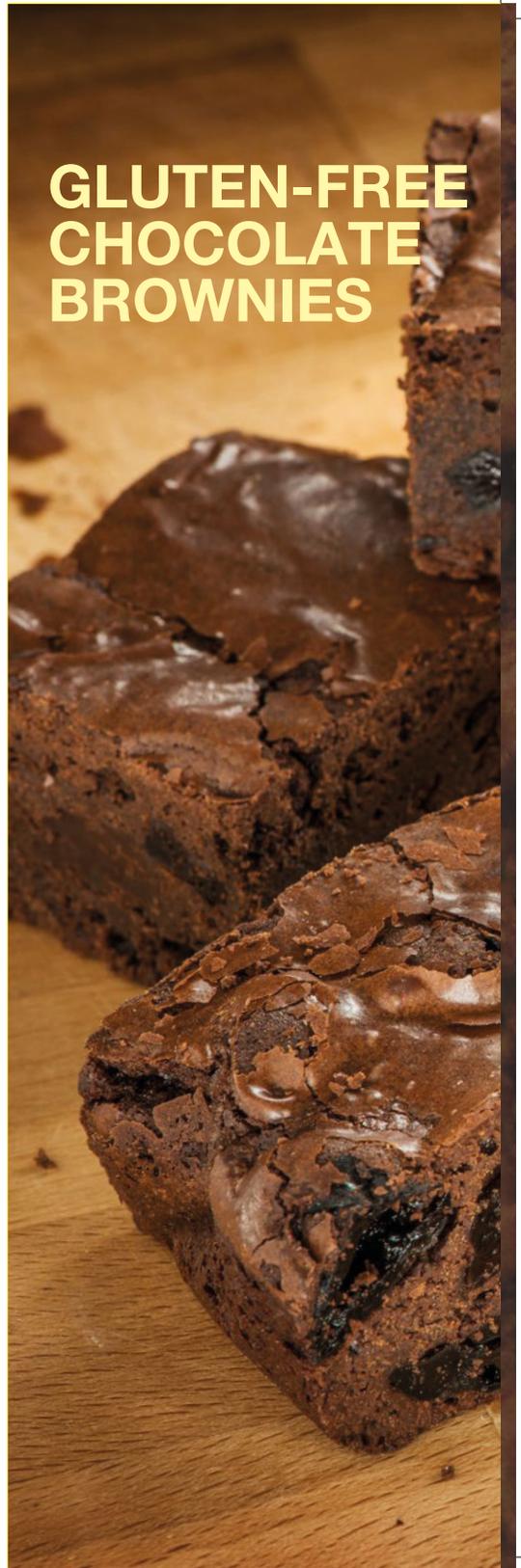
Research suggests that when people eat breakfast, they tend to eat a healthier overall diet, one that is more nutritious and lower in fat.^{2,3} Part of this means starting the day with a breakfast high in protein. Daisy Low Fat Cottage Cheese has 13 grams of satisfying protein and 4 grams of carbs per 90 calorie ½ cup serving. A meal high in protein and low in calories and carbohydrates will promote satiety and regulate blood sugar levels.

METHOD

1. The day before you make your brownies, place the carton of coconut cream in the fridge and leave for 24 hours to thicken up.
2. Preheat the oven to 180C/gas 4. Lightly grease a 23cm square brownie tin with sunflower oil and line with baking paper. In a bowl, combine the ground flaxseed with 9 tablespoons of water, stir well and leave to one side to thicken up. (The flaxseed will absorb all of the liquid, acting as a binder for the brownies.)
3. Place the beans in a food processor and blitz to a smooth paste. Add the flaxseed mixture, sunflower oil, sugar, cocoa, ground almonds, baking powder and vanilla extract, then pulse everything again until you have a rich and glossy batter.
4. Roughly chop the dark chocolate into small chunks, add to the mixture and pulse briefly just to incorporate the chocolate. Spoon the batter into the prepared brownie tin and bake for 55–60 minutes, covering the brownies loosely in tin foil halfway through cooking to stop them catching. Remove from the oven and set aside to cool just a little.
5. In a bowl, whisk the chilled coconut cream, icing sugar and vanilla extract until thick and creamy. Slice the brownie into squares and serve with the coconut whip for drizzling.



GLUTEN-FREE CHOCOLATE BROWNIES



INGREDIENTS

6 tbsp ground flaxseed

1 x 400g tin of aduki beans, drained and rinsed

75 ml sunflower oil

200 g light soft brown sugar

55 g cocoa powder

55 g ground almonds

1 tsp gluten-free baking powder

1 tsp vanilla extract

100 g dark dairy-free chocolate

FOR THE COCONUT WHIP:

200 ml coconut cream

3 tbsp icing sugar

1/2 tsp vanilla extract

METHOD

1. Rub the butter into the flour with your fingertips until it resembled breadcrumbs, and then fold in the icing sugar and ground almonds. Make a well in the middle of your mix, crack in the egg, and bring together to form a dough. Loosen with a splash of milk if necessary. Alternatively, you can blitz all the pastry ingredients in a food processor until combined. Wrap the pastry in cling film and refrigerate for an hour.
2. Pre-heat the oven to 180°C/350°F and grease a muffin tray thoroughly. As this batch makes 14-16 tarts you may need more than one.
3. Meanwhile, make the filling by mixing all of the ingredients but the flour together in a bowl until thoroughly combined, sieving in the flour last to avoid lumps.
4. Stamp out rounds which are a little bigger than the wells of your muffin tray. Press the pastry in to each one, filling in any gaps or breaks with leftover pastry – it is important you do this to avoid any filling falling out of the bottom.
5. Fill each pastry case, going almost to the top of each case. Feel free to make a lattice, as we have with ours, by cutting strips of leftover dough and criss-crossing them over the tops.
6. Bake in the oven for 20 minutes. Leave to cool in the tin for 20 minutes before removing on to a wire rack to cool completely. Be careful when removing from the tin as they will still be hot!

SPICED PUMPKIN & COFFEE TARTS



INGREDIENTS

SPICE MIX:

4 tsp ground cinnamon
4 tsp ground nutmeg
4 tsp ground ginger
3 tsp ground allspice

This makes more than is needed for one batch – store in an airtight jar container.

PASTRY:

200g plain flour
125g extra cold unsalted butter
cut in to cubes
50g icing sugar
50g ground almonds
1 large free range egg

FILLING:

1 x 425g tin pumpkin puree or 425g
of cooked pumpkin/squash pureed or mashed.
100g dark brown soft sugar
2 eggs
4 tbsp plain flour
1 tbsp spice mix
1 tbsp powder-fine ground coffee

METHOD

Halloween is over for another year, and we reckon we're not the only ones hastily making plans to use up a glut of perfectly good pumpkin – especially with Thanksgiving around the corner.

Preheat the oven to 170°C/340°F. Half the pumpkin and remove the seeds (you can keep these for roasting), then chop into wedges. Place the pumpkin on two large baking trays and drizzle over a little olive oil. In a pestle and mortar, grind the chilli and coriander seeds with a pinch of salt until finely ground. Sprinkle the spices over the pumpkin with some black pepper. Roast the pumpkin for 1 hour, or until soft and slightly caramelised at the edges.

Meanwhile, roughly chop the onion, garlic, carrot and celery. Heat a lug of olive oil over a medium heat in a large saucepan then add the vegetables and cook for 15 minutes, or until soft and sweet but not coloured.

When the squash is ready, add to the pan with the hot stock. Blend with a stick blender, adding a little more water if you like a thinner consistency.

„Taking the tops off whole acorn squash, scooping out seeds and roasting whole until tender. Stuff with goat's cheese and basil, then cook until the cheese has melted.“

GLORIOUS ROASTED PUMPKIN SOUP



INGREDIENTS

1.5kg edible pumpkin

Olive oil

1 teaspoon dried chilli

1 tablespoon coriander seeds

1 large onion

3 cloves garlic

1 carrot

1 stick of celery

1 litre hot vegetable stock

TIP

Add Cream: Let's get the obvious one out of the way. Yes, you can definitely add cream to your soup. Whether you use a few tablespoons or a few cups, cream gives soup a silky mouthfeel and rich flavor.

You can definitely add milk or other dairy as well, though it will taste gradually less creamy as you go down in percent.



VEGANISM, DIET OR NOT???

I have a brand new column in VegNews magazine, and will be discussing controversial issues that face vegans. There are actually quite a few (including a recent blog topic I posted – on whether to speak up or not when others are eating meat) and I’m bracing myself for a potential onslaught of criticism. While I’m very excited for this opportunity, I don’t like having my feelings hurt! But I suppose I’ll consider any tough criticism a growing experience in the hopes of opening some hearts and minds. My next topic for the column will be on whether veganism is just a diet, or is it a philosophy?

Not only is this question controversial, it also will define why many people do what they do. For example, a person who is a vegan only in their diet may still wear leather and fur, yet be

calling themselves vegan. This will outrage many philosophical vegans! Some are calling for a change in terminology – “vegan” is used for those people who philosophically believe it’s not right to harm animals for any use, and “plant based dieters” for those who only eat plant foods, but otherwise don’t worry about their use of non-food animal products.

And what about those people who say they are vegan, yet aren’t 100% vegan? They are, for example, 90% vegan, occasionally eating cheese or even a little meat here and there. Again, a philosophical vegan might argue that you can’t be “kind of” vegan – just like you can’t be “kind of” Christian. You either believe it’s not right to harm animals or you don’t, and act accordingly. Semantically, it’s important to some people that these “kind-of” vegans clarify:



“I’m working toward eating a 100% vegan diet, and do so most of the time.” It seems rather important how you define veganism.

I believe that – even for those of us who have been vegan for years – this topic can really get you thinking. What are your thoughts? Do you think that being a vegan only defines what you eat, or does it define your approach to life in some way? I’d love to hear from you!

FANS SUPPORT

I’ve been vegan going on 3 decades, and it does bother me when someone says they’re vegan, then goes on to list all the ways they make exceptions. It’s like saying, I’m faithful to my mate, oh except when I’m out of town

once a month. You either are or you aren’t. As for people who do eat vegan but use animals in clothing, buy products tested on animals, etc. Many of those people simply need to be educated that there ARE plenty of compassionate options. As for the ones who could care less about those options, then yes, let’s please call them a plant based eater. They have not earned the honor of being called a vegan

„Veganism is the practice of abstaining from the use of animal products, particularly in diet, as well as following an associated philosophy that rejects the commodity status of sentient animals.“

METHOD

Get yourself about 20 ripe cherry tomatoes, different colours if possible, and cut them into quarters. Remove the stones from a handful of good-quality black or green olives and chop them up. Toss in a bowl with the tomatoes, 2 or 3 lugs of extra virgin olive oil and a swig of balsamic vinegar, and season carefully with salt and pepper and a little crumbled dried chilli. (Some olives are salty, so go easy.) Spoon over each of your hot crostini and sprinkle some baby basil leaves over the top.



SEE MY CROSTINI RECIPE.

Whether it's delicious vegetarian or vegan recipes you're after, or ideas for gluten or dairy-free dishes, you'll find plenty here to inspire you. For more info on how we classify our lifestyle recipes please read our special diets fact sheet, or for more information on how to plan your meals please see our special diets guidance

„The sweet tomatoes and slightly bitter olives in this crostini topping work so well together“

CROSTINI - TOMATO & OLIVES



INGREDIENTS

20 cherry tomatoes

1 handful black or green olives

2-3 lugs extra virgin olive oil

1 swig balsamic vinegar

salt

pepper

a little dried chili, crumbled

crostini

baby basil leaves

TIP

If you have a large loaf, cut it in half, then slice it crossways about 1 cm/½ inch thick. Chargrill these slices on a barbecue or in a griddle pan until they are crisp on both sides, then lightly rub each piece a couple of times with a cut clove of garlic. Drizzle with some good extra virgin olive oil and sprinkle with a tiny pinch of salt. You can eat the toasted bread just like this, but make sure the oil is the best you can find otherwise it will never taste good.

METHOD

These vegan corn burgers are packed with spices, herbs and a hit of lemon zest – healthy and seriously satisfying

1. Drain and place the chickpeas and sweetcorn into a food processor. Pick the coriander leaves, then add half to the processor along with all of the stalks. Add the spices, lemon zest, flour and a pinch of salt, then pulse until combined, but not smooth – you want to retain a bit of texture.
2. On a flour-dusted surface, divide and shape the mixture into four equally sized patties (roughly 2cm thick). Pop onto a tray and place in the fridge for around 30 minutes to firm up.
3. Heat a splash of oil in a large frying pan over a medium heat. Once hot, add the patties and cook for around 10 minutes, or until golden and cooked through, turning halfway.
4. Meanwhile, click off, wash and spin-dry four nice lettuce leaves, then finely slice the tomatoes horizontally.
5. Squeeze a large dollop of ketchup onto the base of each bun (toast them if you like), then top with the burgers. Layer over a couple of slices of tomato, a lettuce leaf, a few coriander leaves and finally the burger tops.



THE BE(A)ST VEGAN BURGER



INGREDIENTS

1 x 400 g tin of chickpeas

1 x 340 g tin of sweetcorn

½ a bunch of fresh coriander

½ teaspoon paprika

½ teaspoon ground coriander

½ teaspoon ground cumin

zest of 1 lemon

3 heaped tablespoons plain flour, plus extra for dusting

sea salt

rapeseed oil

1 small round lettuce

2 large ripe tomatoes

tomato ketchup

4 wholemeal burger buns

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