

Sweeten your Summer with Sugar Free temptations

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Broccoli crustles quiche -  
recipe for basic quiche  
below  
Serves 3 - 4 with a leafy  
salad and some steamed  
new potatoes  
5 - 6 eggs  
100ml milk  
50g low fat cottage  
cheese  
2 - 3 Tbsp wholemeal  
flour  
Seasoning and herbs  
Veg of your choice -  
enough to create a nice  
full quiche. I always  
include a small chopped  
red onion and finely  
chopped clove of garlic  
50g grated Cheddar  
A little sunflower or olive  
oil  
Method

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## SUMMERTIME and the eatin' is easy

[The title must be sung to the tune of  
Summertime from Gershwin's Porgy and Bess  
and as a real treat here is the link to late but  
great Ella Fitzgerald singing this in Berlin in  
1968. Hope you enjoy listening to this while you  
read this newsletter]

<http://youtu.be/u2bigf337aU>

It has been a while arriving but we ARE approaching  
mid-summer, Ascot week is around the corner,  
World Cup Fever abounds and Wimbledon only a

Brush a largeish pyrex dish with a little oil and place the vegetables in as mixed up as possible. Scatter with a handful of cheese.

Beat the eggs well with the milk, seasoning, cottage cheese and flour. Pour over the vegetables, scatter over the remaining cheese and place in a pre-heated oven 180-190°C for 40 mins. If the middle is still not quite cooked, turn the oven down to 160/170°C and cook for a further 10 mins.

This can also be eaten cold for packed lunches or picnics or re-heated in the microwave, so quantities can be doubled up for planning ahead.

To make **Gluten Free** - use 3 tablespoons of gluten free all purpose flour.

I regularly get asked what I use instead of sugar to sweeten my berries. I rarely Pure maple syrup

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few weeks away. So what are you going to topping your strawberries with this summer?

I prefer to eat my strawbs at the height of the season when they have ripened and are naturally sweet. I don't eat them straight from the fridge, they need to warm up slightly so you can really taste their sweet succulence. The same goes for most of the summer berries and remember they are all chockful of healthy vitamins, minerals and antioxidants, so get stuck in to give your health a real boost.

Summer and early Autumn are also the perfect seasons to adopt a mainly raw food diet to obtain an overdose of healthy enzymes from raw fruit and veg which help aid optimum digestion and absorption of nutrients.

My tips for an easy eatin' summer which gives me more time to enjoy the long days, put a picnic together in 2 shakes of my Patterdale's tail and not spend hours standing at the stove.

1. Plan ahead
2. Wash salad greens ahead of meals, dry excess water and store in airtight boxes in fridge
3. Ditto point 2 with some raw veg - remember though cut up veg does lose some valuable nutrient value
4. When steaming new potatoes, do more than you need and use the rest in salads - if you can resist the temptation to finish them all in

+1

[Read Later](#)

- one sitting!
5. Always have hard boiled eggs ready - make great picnic items
  6. Ditto point 5 with quiche, especially crustless quiche - recipe in this newsletter - loaded with veg
  7. Stock up on items like sun-dried tomatoes, olives, pickles - these make great additions to tart up salads and sandwiches
  8. Keep your freezer stocked with bread rolls, pita pockets or baps - these defrost in a few seconds in the microwave and can be filled to capacity with yummy food.
  9. Spend a short time each week making hummus, dips and pates to make into sandwiches or tapas style meals
  10. Plan ahead - yes I already said that one but it can't be stressed too much.

Whatever you are planning to do during this Summer I hope you enjoy it in the best of health. Have fun!

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