

# Creating Delicious Health

Anna Freedman is a trained natural foods cook and coach, and founder of vegan cookery school Wholefood Harmony. Here she shares her top tips for preparing exciting, nutritious vegan meals.

**I** was first captivated by the delicious flavours of plant food seven years ago, and I haven't looked back since. I was drawn in by the most beautiful tasting food, which inspired me to begin playing with a host of new vegetable ingredients. Creating endless vegan dishes using a few simple preparations became my passion.

Almost immediately, I felt the benefits of vegan fare. My energy levels rose, my digestive system normalised, and most significantly the spotty skin I had suffered with for far too long disappeared. I rejoiced in this new feeling of nourishment.

Creativity and confidence in the kitchen comes from making dishes using plenty of different ingredients and cooking styles. Here, I take great pleasure in sharing a selection of winning ways for creating healthy and enticing food.

## Whole Plates

Base your meals on whole ingredients, unprocessed and free from sugar. These kinds of foods regulate health – in providing an abundance of minerals and nutrients, they heal, cleanse and strengthen the body. Make the most of whole foods by:

- Using an array of whole grains and pulses in your cooking, such as brown basmati rice, millet, barley, quinoa, chickpeas, lentils, butterbeans and adzuki beans
- Making pilafs and risottos, beany pâtés, burgers and stews
- Incorporating grains and beans in soups, and enjoying wholesome one pot feasts
- Reinventing leftovers as bakes, patties and fillings for tortilla wraps
- Investigating the revered plant protein delicacies of tempeh and seitan. Marinate tempeh first and then fry for a fabulous feast, and serve a seitan schnitzel to any meat lover.

## Go Green

One serving of fresh, leafy greens a day escalates energy, vitalises the skin, cleanses the liver and enhances the blood quality with nutrition. Besides the health benefits, greens can be a tasty addition to any meal. Get more greens into your diet by:

- Embracing variety with servings of kale, cavolo nero, chard, Chinese cabbage, pak choi, leeks and broccoli in your meals
- Experimenting with different cooking styles such as stir frying, blanching, steaming and even water sautéing
- Jazzing up greens with fabulous dressings such as a tofu sour cream, prepared by blending tofu with spring onion, lemon juice and a splash of ume plum vinegar
- Including nori, wakame, kombu and other sea vegetables in your diet.

## Snack Well

Enjoy delicious, healthy snacks and treats and remain nourished during the day. Be careful about sugar and instead go for foods with more complex carbohydrates. Such foods are digested slowly and facilitate more stable blood sugar levels and steady concentration. Make happy snacking habits by:

- Enjoying toasted seeds and nuts, sugar-free bars and biscuits, hummus and bean pâtés, seasonal fruit and brown rice sushi with vegan fillings
- Creating your own biscuits, cakes, brownies and flapjacks, and experimenting with sugar alternatives in your baking
- Delighting in a multitude of granola variations including seeds, nuts, fruit, cinnamon, cocoa and more
- Experimenting with different kinds of dessert, such as couscous cake or gluten-free polenta dessert.

## Integrate Flavours

Use several flavours within your main course or snack. Combining at least two of the five different flavours in your main meal can completely mitigate the throes of post-meal grazing and cravings. You can achieve this by:

- Using shoyu, tamari, bouillon or miso for salty richness
- Selecting lemon zest and juice, sauerkraut, and rice vinegar for sour sharpness
- Achieving the pungent flavour through additions of ginger, mustard and raw onion
- Embracing bitter scents with rocket, walnuts, pak choi and other leafy greens
- Delighting in the sweetness from syrups, mirin sweet rice vinegar and the divine dairy-free dessert, amasake.

I truly hope you find excitement in designing tasty, healthy plant meals. My online Pure Cook's training course features a full repertoire of fabulous cookery classes and provides a framework to integrate nourishing vegan cuisine into your own lifestyle. I warmly invite you to join the course and would love to hear about all your recipe creations.

Try your hand at Anna's highly acclaimed Pure Cook's Training e-course. Members of The Vegan Society receive a £25 discount, and a reader can win a free course, starting on 20th June. Email [welcome@wholefoodharmony.com](mailto:welcome@wholefoodharmony.com) and quote 'The Vegan Society' by 19th June to enter.