

## Breakfast for Two

Quark cheese, a fresh cheese variety, has a look and taste similar to sour cream. Quark cheese serves as a source of protein, calcium and phosphate.



### Ingredients | Method

4 dessert spoons quark (available from the Nut House),  
or alternatively 6 dessert spoons full-cream plain yoghurt  
2 dessert spoons flaxseed oil  
2 dessert spoons coconut oil

#### Optional:

2 raw eggs (preferably organic)  
½ green apple (green has less sugar)  
Hand-full activated almonds (i.e. soaked overnight)  
Prunes or prune juice  
1 tbsp Aloe Vera juice  
Berries  
Pinch Himalayan salt

Blend quark cheese and oils (and optional ingredients) in a food processor until smooth. Serve immediately.

Cook's notes: It only takes a minute to make and is the perfect start for a busy day. You may be wondering why flaxseed oil and yoghurt? Flaxseed oil is nature's richest source of Omega 3, has up to 50% more Omega 3 than fish oil and is true brain food. Flaxseed oil contains the right balance of Omega 3, 6 and 9 and this is essential for good health. All our cell membranes are made up of fats and when you consider that your body is nothing more than trillions of cells, that is a lot of fats. Good oils and fats are every bit as important as proteins, vitamins and minerals. The brain is also 60% fat and these days 22% of the population is prone to Alzheimer's which is partly a consequence of low-fat diets. *Grada*

### Recipe #23 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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