



The Healthy Chef, Teresa Cutter

## INTERVIEWS

# 5 MINUTES WITH THE HEALTHY CHEF'S TERESA CUTTER

Say hello to her secret to good health

By [Jenny Ringland](#)

When I was pregnant with our middle daughter I was diagnosed with gestational diabetes. I'm a daily exercise, smoothie for breakfast kind of a gal, so when I received this news I was floored. Being told I had to not only watch what I ate, but develop a scientific approach to how I consumed food was almost too much for my hormonal 28 week pregnant self to handle. The part that made me the most upset was there would be no cake! Not until the baby was born anyway. Even the smallest square of dark chocolate tipped my blood sugar past a safe level, which made the final 12 weeks of my pregnancy feel very bleak indeed.

Enter Teresa Cutter. Whilst sharing my woes over my small, skim latte a friend, who had also had gestational diabetes, passed on her secret weapon, Teresa Cutter recipes. She informed me that she used to bake (and eat guilt-free) her biscuits and loaves, with never a worry of messing with her sugar levels. So I made her pumpkin loaf, and her banana bread, sliced it up and put portions in the freezer. I would have one daily, with ricotta and a cup of tea and feel like I was indulging in the way I craved. It was my pregnancy saviour, it helped keep me sane.

On reflection, any paleo or grain / sugar free recipe would have worked, but it just so happened that Teresa's worked for me. Fast forward four years and I still think of my daily tea and cake ritual fondly. Consequently, it was with the greatest pleasure that I sat down with Teresa recently to talk about everything from how her business started to her secret to good health.

## **TELL US ABOUT THE ORIGINS OF THE HEALTHY CHEF AND HOW THE CONCEPT FOR THE BUSINESS WAS BORN?**

I created The Healthy Chef brand out of pure passion. My love of good food and seeking better health was the driving force. I wanted to bring out pure and unique nutritional products that were the best you could find in the world. I am first and foremost a chef, and I want people to love the food they eat, the products they use and to genuinely enjoy being healthy. I love and enjoy my products every day, they keep me nourished and energised.

## **WHAT'S YOUR SECRET TO GOOD HEALTH?**

My philosophy and mantra has always been :Keep it simple – keep it fresh – make it yourself.

I find that a lot of people stress over finicky nutrition details rather than focusing on the broader picture – that is, to eat natural wholefoods, focus on fresh fruit and veg and keep it simple.

## **DO YOU HAVE ANY MENTORS OR PEOPLE WHO INSPIRE YOU?**

It's so important to learn from people that you admire and respect, as there is always more to learn. I have been inspired by amazing people throughout my journey. Firstly, my great aAunt and Uncle, who inspired my food and health journey to this day. I was also inspired by health guru Richard Simmonds in the '70s when I was 10 years old. I used to watch his TV show on school holidays – it was about a balanced whole-body approach to wellness. Nutrition – Exercise – Rest. It motivated me to stay active, eat better and sleep better.

Today, I have four mentors: a medical professor, an accountant, my lawyer and my husband, Paul. Combined, they keep me balanced and give inspiration and motivation both in my personal and work life.

## **WHAT ARE SOME OF YOUR BEST IMMUNE BOOSTING TIPS?**

This time of year, I go extra hard on Natural Immune Support, HC Protein + Wild Marine Collagen. All of these products are high in Vitamin C + D and amino acids to support the immune system and rebuild healthy cells in the body. They are like my personal bodyguards, helping to protect cells and assist in healing. I also love to sip on bone broth or a Matcha or Green tea to boost antioxidants.



**WE ARE FASCINATED BY MARINE COLLAGEN. WHAT MAKES IT DIFFERENT TO OTHER COLLAGENS AND WHAT ARE THE BENEFITS?**

Collagen is the most abundant protein in our body that supports healthy skin. As we age, collagen production declines, so adding collagen into your diet is like giving yourself one of the best natural skincare ingredients available. I use it religiously, mixed into water, a matcha latte or added to a bowl of miso soup. Research shows the

benefits of collagen supplementation on skin properties, including hydration, elasticity, reduction of wrinkles, and the visible signs of ageing.

### **WHAT'S YOUR GO-TO BREAKFAST?**

My Avocado stuffed Scrambled Eggs from my cookbook [Earth To table](#) is my favourite. I also love my Collagen Boosting Green Smoothie.

### **WHAT BEAUTY PRODUCTS (OTHER THAN THE HEALTHY CHEF!) CAN'T YOU LIVE WITHOUT?**

I use Weleda Rose Oil for my body and Weleda Rose deodorant every morning. Dermalogica skincare has always been my go-to, I have always loved their products! Their Skin Smoothing Cream, Ultra-rich Moisturiser and Microfoliant work wonders for me, as they don't react with my sensitive skin. I'm in love with Sisley Paris anti-ageing foundation, it's just glorious on my sensitive skin. Their lipsticks are also spectacular. I am also really enjoying the Sisley Paris Phyto-blanc range at the moment. As a fragrance, I love Rose of No Man's land Eau de Parfum by Byredo or Chanel 1957.

### **TERESA'S IMMUNE BOOSTING GREEN SMOOTHIE**

## **INGREDIENTS**

Serves 1

2 cups green grapes

1 teaspoon Healthy Chef Matcha GreenTea

2 cups ice

1 slice fresh ginger with skin

1/4 lime wedge with skin

1 cup water

2 TBSP Healthy Chef Protein (Organic Pea Protein, Native WPI Protein or Marine Collagen)

## METHOD

Combine grapes, Healthy Chef Organic Protein + Matcha Green Tea, ice, ginger, lime and water into a blender. Blend until smooth, green and fabulous!

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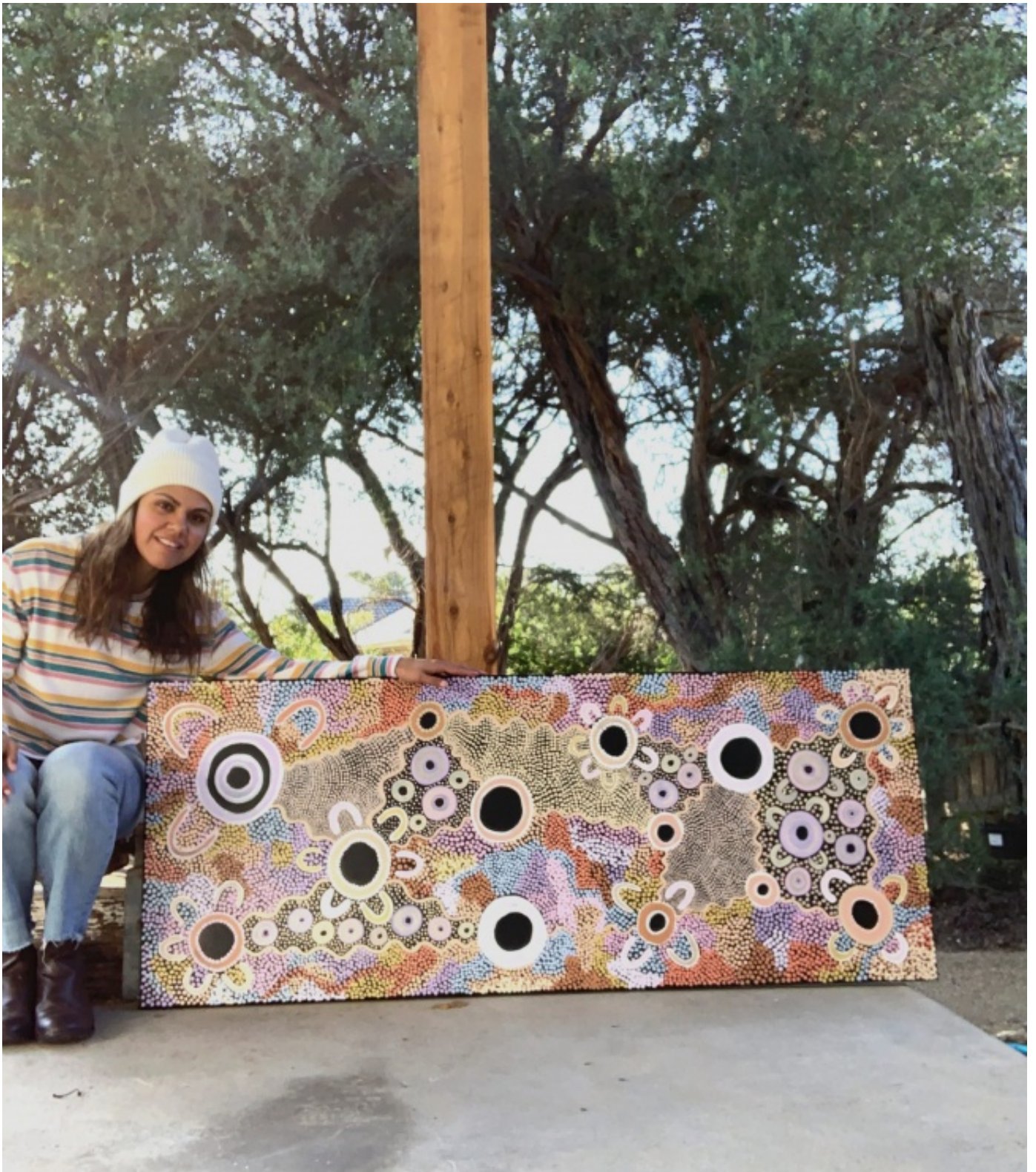
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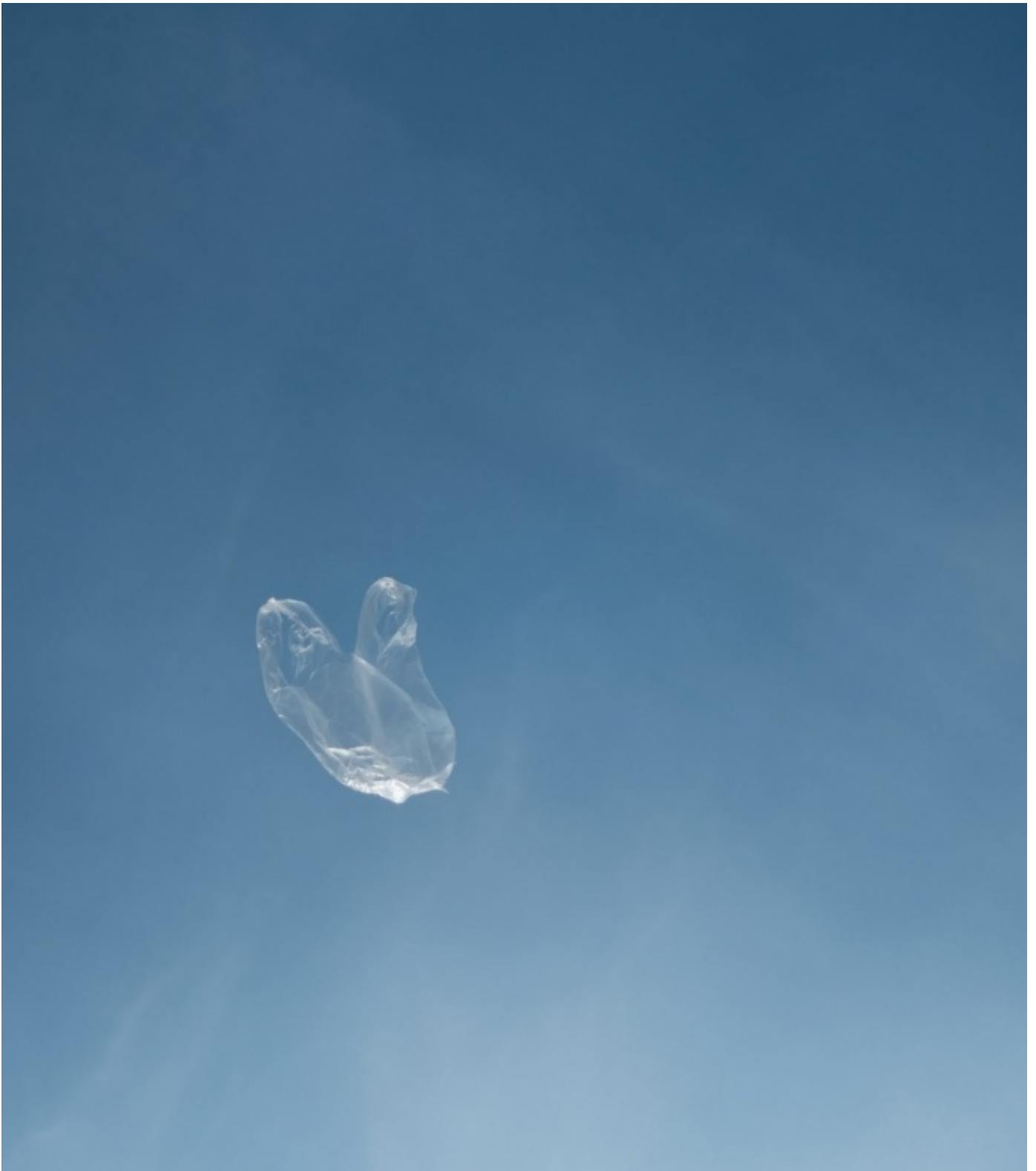
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