

# Meet The **Healthy Chef**



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*Pamela Allardice talks to Teresa Cutter, aka The Healthy Chef, about her Polish great-aunt, almonds, and favourite recipes.*  
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**How did The Healthy Chef start?**

I was inspired by my Polish great-aunt, who had her own vegetable garden and cooked everything from scratch. My personal brand evolved from there – I wanted to get people cooking their own food and eating healthier. I also worked under many great chefs, which deepened my knowledge of the importance of taste, seasonality and freshness. All this led me to what is now The Healthy Chef, where I share my recipes through cookbooks, food blends, recipe app, cooking master-classes, and events.

**What’s the one ingredient you couldn’t live without?**

Almonds: they’re so versatile and delicious. I make my own almond milk, I sprinkle them over salads, snack on them and add them to smoothies. They’re a nutritional powerhouse of vitamin E, protein and omega 3 fats – a key component in keeping skin supple, maintaining muscle, and curbing cravings.

**How do you incorporate eating certified organic products in your daily life?**

I always try to source certified organic fresh food and vegetables where possible, as well as grass fed poultry and meat. I don’t compromise on quality and taste, so by choosing certified organic I know that I’m eating foods that contain the highest absorbable nutrients available. This is why I like to search the world for the best tasting organic ingredients out there to use in my products – I believe in ethically produced, honest and pure food. For instance, I love to add my certified organic Healthy Chef Superfood to my smoothies for breakfast, or combine it with some natural yoghurt and berries as a healthy snack.

**\* Mango lassi**

This is rich in probiotics, antioxidants and branched chain amino acids (BCAAs) that reduce fatigue, improve exercise performance, reduce muscle breakdown and facilitate healing. *Serves 2*

- 1 mango, chopped
- ½ cup freshly squeezed orange juice
- 1 cup natural yoghurt

- ¼ teaspoon ground turmeric
- 1 teaspoon bee pollen
- handful of ice, to blend

Combine ingredients in a high performance blender. Blend until smooth. Garnish with crushed pistachios and a little extra turmeric.

It's full of antioxidants and prebiotics to help support a healthy immune system and better digestive health. Throughout the day, as an energising alternative to coffee, I drink my ceremonial grade certified organic Healthy Chef Matcha Green Tea, combined with organic homemade almond milk, which is full of health-promoting properties to help support a healthy metabolism.

**Australian Organic Awareness Month is this September, Why are you so passionate about the organic industry?**

The use of certified organic and natural whole-foods is at the heart of our philosophy at the Healthy Chef. We pride ourselves on developing high quality products and recipes that will inspire a deeper commitment to healthy living. Utilising premium certified organic ingredients in our products means we're creating quality, honest and pure food to help support a healthy lifestyle. ✨

✨ **Brown rice porridge**

A nourishing breakfast which promotes energy and vitality and keeps you warm and cosy through winter months. Warming aromatics like cinnamon and ginger make it absolutely irresistible. Serves 2

- 1 cup cooked short-grain brown rice
- 1 cup milk (I like a combination of rice and coconut)
- 1 cinnamon stick
- thin slice of fresh ginger
- 1 vanilla bean, split and seeds scraped or ½ teaspoon vanilla paste
- 1 teaspoon ground flaxseed (optional)
- a little honey, to serve

Combine rice, milk, cinnamon, ginger and vanilla in a pot. Heat gently and simmer for 10 minutes, adding a little extra milk if necessary. Your porridge should be creamy. Serve alone or topped with flaxseed, stewed fruit, honey and extra hot milk.

Visit Teresa, and buy her book Purely Delicious, at [www.thehealthychef.com](http://www.thehealthychef.com) eStore.

The advertisement features two word cloud graphics. The left one is a circular cloud of business-related terms like 'INSPIRATIONAL', 'MARKET LEADER', 'RESPECTED BRAND', 'KNOWLEDGEABLE', 'SUCCESSFUL', 'TRUSTWORTHY', 'CUSTOMER FOCUSED', 'COMMUNITY CHAMPION', 'RESULTS DRIVEN', 'MARKET LEADER', 'RESPECTED BRAND', 'INSPIRATIONAL', 'SOLUTIONS PROVIDER', 'REPUTATION', 'VISIONARY', 'BEST TEAM', 'ASPIRATIONAL', 'EXPERT', 'REPUTATION', 'CUSTOMER FOCUSED', 'RESULTS DRIVEN', 'MARKET LEADER', 'RESPECTED BRAND', 'INSPIRATIONAL', 'SOLUTIONS PROVIDER', 'REPUTATION', 'VISIONARY', 'BEST TEAM', 'ASPIRATIONAL'. The right one is a cloud shaped like a dollar sign, containing terms like 'EVENTS', 'SOCIAL MEDIA', 'INSPIRATIONAL', 'RESULTS DRIVEN', 'CONTENT MARKETING', 'STANDING', 'CUSTOMER FOCUSED', 'MARKET LEADER', 'RESPECTED BRAND', 'INSPIRATIONAL', 'SOLUTIONS PROVIDER', 'REPUTATION', 'VISIONARY', 'BEST TEAM', 'ASPIRATIONAL'. Below the word clouds are the captions 'Your business message' and 'Your business message + Custom Content'. The main headline reads 'To make dollars, you first need to make sense'. Below it, text states 'Yaffa Custom Content are the content experts. In fact there's only one thing we know better than great content and that's your target market.' A sub-headline says 'Because they're the audience of Yaffa Media's brands.' The Yaffa Custom Content logo is shown, followed by contact information: 'Contact Matt Parker on L. 02 9213 9215 M. 0414 290 176 E. matt.parker@yaffa.com.au'. The website 'yaffa.com.au/custom-content' is listed at the bottom.