

Wellbeing: *defined*

The word 'wellbeing' is thrown around these days, but what does it actually mean? We asked these leading ladies in food, nutrition and health to define what wellness means to them.



JACQUI TOUMBAS

Nutritionist and Owner of Miss Bliss Whole Foods Kitchen

To me, wellness is a constant state of evolving. There is never a point of reaching the pinnacle of wellness. It is the process of being my best and managing my physical health, mental health, faith, fitness, happiness, stress reduction, and emotional balance. Wellness is important because it is the only way for me to evolve. My wellness affects every aspect of my life including work, creativity, and relationships.



TERESA CUTTER

Founder and Director of The Healthy Chef Functional Food Range

I truly believe that total wellness comes from within. What you eat, how you think, how you sleep, how you live as well as your lifestyle, will form the foundation to your wellbeing, and how your body feels. Wellness happens by making incremental changes that add up over time. Some of these changes can be small, like eating more vegetables, adopting a more plant-based wholefood diet or swapping coffee for matcha green tea. Other modifications may involve changing the way we think and taking a more positive approach to life. To me, wellness is the total balance of nutrition, movement, rest and mindfulness – the four pillars of health.



LEE HOLMES

Director of Supercharged Foods

Wellness means feeling well and balanced in all facets of life, not just general health. I like to look at wellness holistically, because there's no point being well in some areas and not in others. Generally speaking, wellness is also a way of looking at the world through a different lens and understanding that your health has its ups and downs and a balanced approach to wellness is an ongoing, lifelong practice. I am a big believer in the fact that food and love tie through every part of our lives, home and family, friends and community, career and passion, finances, health and longevity and spirituality. And, when we perceive a broader appreciation of food and its power, we can lighten up a little; connecting food with purpose and joy. I call these wellness principles my keystones for living a 'whole' life.



Chocolate and raspberry smoothie bowl

Recipe courtesy of Supercharge Your Life by Lee Holmes, available from superchargedfood.com

Ingredients:

- 2 frozen bananas
- 1 ripe avocado, peeled
- 1 cup raspberries
- 2 tbsp raw cacao powder
- 1 tsp vanilla powder
- ½ cup sheep's milk yoghurt or coconut yoghurt
- ½ cup almond milk or milk of your choice
- To top (your choice): Edible flowers, passionfruit, lilly pilly berries, banana, raspberries, blueberries,

strawberries, almonds, pepitas (pumpkin seeds), chia seeds, coconut flakes, cacao nibs, granola and/or nut butter.

Method:

Whiz all the ingredients except the toppings in a high-speed blender until smooth and creamy. The mixture should have a spoonable consistency. Pour into two bowls and decorate with your chosen topping(s). Serves two.

The world's healthiest chocolate cake

Recipe courtesy of Earth To Table by Teresa Cutter, available at thehealthychef.com

Ingredients:

- ½ cup extra virgin avocado or olive oil
- ½ cup almond milk
- ½ cup pure maple syrup
- 4 organic eggs
- 2 tsp vanilla extract
- 3 tsp gluten free baking powder
- ½ cup dark cocoa powder
- 3 cups almond meal
- Avocado frosting to serve

Method:

Preheat oven to 160°C (320°F) fan-forced. Combine avocado oil, almond milk, maple syrup, eggs and vanilla into a bowl. Add the baking powder, cocoa and almond meal and mix

through until combined. Bake for 45 minutes until cooked then remove from the oven to cool. Combine frosting ingredients until smooth then ice the cake generously. Store in the fridge until ready to serve. Double the recipe if making a double layered cake with frosting.

To make the avocado frosting combine the flesh from two ripe avocados, ½ cup pure maple syrup, ½ cup coconut cream, two teaspoons vanilla extract, ½ cup dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.

