

BR7 Baking

SOUP AND SMOOTHIE

Feeling a bit stuffed after Christmas? Well this month we have two perfect recipes for you, to help you start 2018 in the right way.

Soups can be quite difficult to get right, but with fresh ingredients and a few tips you will soon be an expert.

Starting your day with a smoothie is perfect for those of us who are too busy to sit down for breakfast. Their quick to make, nutritious and with the right ingredients can be delicious.

CHICKEN AND KALE SOUP—SERVES 6—8

Ingredients

- 1 tbsp. Olive Oil
- 2 Stalks Celery, thinly sliced
- 1 leek, thinly sliced
- 1 Brown Onion, diced
- 3 Cloves Garlic, finely chopped
- 2 Carrots, peeled and chopped
- 200g Green Beans, chopped
- 1 tsp Fresh Thyme Leaves
- 1.5 litres of Vegetable Stock
- 1 tbsp. Fresh Parsley, finely chopped
- 150g Kale, roughly chopped
- 450g Chicken Breasts, thinly sliced

Instructions

On a medium heat place the onions, leeks, celery and garlic into a medium sized saucepan with the olive oil. Sauté for 5 minutes stirring occasionally.

Add the carrots, green beans and thyme and Sauté for a further 5 minutes.

Add the vegetable stock, chicken breasts and parsley. Cover and leave to simmer for 10–12 minutes, until the chicken is cooked and vegetables are al dente.

Add the Kale and cook for a further 5 minutes. Serve and enjoy!

Top Tips:

- 1) Make your own stock! Save all of the vegetable trimmings, peelings and skin from your roast dinner. Place in a saucepan, cover with water, add any fresh herbs and simmer for 1 hour. Strain and leave to cool. Keep in the fridge for 1 week or freeze for up to 6 months.
- 2) Cut all of your vegetables to the same size, this ensures even cooking and no soggy veg.



This month we have been working with **Life:lab.**

They aim to create a training experience that brings fitness to life, a place that is member focused and service driven.

Above all else Life:lab is a place where people can go to get the results they want whilst enjoying their workouts.

Fun Facts about Kale:

- It has more absorbable Calcium than a glass of milk
- One of the few superfoods that's reasonably priced
- Great source for boosting brain and heart health
- Kale belongs to the same family as Brussel sprouts and cabbage



CHOCOLATE AND COCONUT SMOOTHIE

Ingredients

- 200ml Full Fat Coconut Milk
- 1 tbsp. Cocoa Powder
- 100g Blueberries
- 1 tbsp. Ground Flax or Chia Seeds
- 1 tbsp. Cashew Nuts
- 1 tsp. of Stevia, Sugar
- 4 Ice Cubes
- 1 Scoop Protein Powder

“ Adding protein to this smoothie, turns it into a SUPER SMOOTHIE.

Protein isn't just for building muscles. It also improves brain function and aids many aspects of health such as blood pressure, sleep, cardiovascular health and longevity, which are often unknown benefits within the general population.

By eating adequate amounts of protein you can improve your body's composition, eliminate hunger and reduce body fat”.

Adam Daniel—Life:lab

Instructions

Place all of the ingredients into a blender.

Process until smooth.

Add additional water to the mixture until you have a consistency that suits you palate. And serve.

Top Tip:

- 1) Place you blueberries in the freezer. Add straight to the smoothie for a frozen twist.
- 2) The cocoa powder gives this smoothie a rich and intense flavour so for those of you who have a sweet tooth, add an extra tsp. of stevia.
- 3) For a “child friendly version” simply blend the coconut milk, cashews and cocoa powder with a selection of their favourite fruits. Berries and bananas are perfect.



We would love to hear how you got on with this month's recipe.

Good or Bad!

Send us your comments and pictures to contact@visitchislehurst.org.uk

OR post your pictures on social media and tag **Visit Chislehurst**

Thank you to **Adam from Life:lab** for working on this month's issue and **Clare Herriot** for the photos and video.

