

Summer Recipes

By Ruth Hofer (Raw Mum- Fresh thinking for healthy families)

Peaceful Popsicles

2 cups water
2 sprigs of lavender
Small bunch of lemon balm
2 tablespoons honey
Juice of ½ lemon

Finely chop the herbs and place them in a glass jar with the water. Put the jar in direct sunlight and leave to steep all day. Gently blend in the honey and lemon (leaving the finely chopped herbs in). Pour into popsicle moulds and place in freezer. Leave them to freeze then enjoy...

Chia Fruit Cups

Blend freshly peeled and diced fruit (your choice) with a squeeze of lemon or lime juice. Pour into sealable container and mix in Chia Seeds. Allow approx 1-2 cups blended fruit per ¼ - ½ cup Chia seeds per person.

Store in the fridge overnight. In the morning serve in tall glasses with a drizzle of honey, crushed macadamia nuts, a dollop of yoghurt, a sprinkle of bee pollen or simply plain.

If you want to get all fancy, you can puree different coloured fruits separately and then layer them like a rainbow in the serving glasses.

Note: I like to add cinnamon, turmeric and cardamom to mine. Star anise is a nice addition if you are using nectarines and peaches.