

Food * Wellness * Living

Veggie

AUGUST 2016

*Wellness
from within*

Easy seasonal pizzas
from scratch

Relaxed and calmer
in 10 minutes

Spicy avocado
& lime nachos

65

**CLEAN &
GREEN
RECIPES**

21

DINNERS IN
UNDER 30
MINS

**Sunshine
flavours!**

Peach & pomegranate pavlova • Fresh pea frittata
Summer sangria ice lollies • Grow-your-own herbs

VIVA COURGETTI!

Your new gluten-free
favourite p.15



Beauty Boost

We've sought out the best cruelty-free beauty buys this month

MINIMALS
THERAPEUTIC FOOT
CREAM, £12.50,
MINIMALS.CO.UK



TABITHA JAMES
KRAAN COMPACT
ORGANIC DRY
SHAMPOO FOR FAIR OR
DARK HAIR, £19,
TABITHAJAMESKRAAN.COM

HERBATINT, £9.50,
HERBATINT.CO.UK



ODYLIQUE SUPERFRUIT
CONCENTRATE, £33,
ODYLIQUE.CO.UK

