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Heather Smith

07967 995416

[heather@fitbiztraining.co.uk](mailto:heather@fitbiztraining.co.uk)

## February 2015 Newsletter

This month we've got:

- When Is Organic Better - And Worse?
- A Juice Recipe
- What I'm Cooking: Roasted Beetroot Soup

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### When Is Organic Better - And Worse?

Is organic always better? No. Of course, its miles better for some things, but for others, its simply a waste of money and for other things still, it can be less healthy all together.

Organic is **better** for:

Some Fruit & Veg:

A great gauge for when to organic is a better choice, is whether you're going to eat the skin/outside of the fruit or veg you're buying. If not, don't bother buying organic (avocados, bananas etc), if you are, its worth it (spinach, berries etc)

Coffee:

Is apparently the most sprayed crop - always go for organic coffee.

**Waste** Of Money:

Some Fruit & Veg:

See above!

Meat:

This is one of those where there's no right answer, it's all down to how you feel about it. My personal view is that butchers free range is always going to be at least as good as supermarket organic. My view is that its the mass production of meat which results in poor quality, less healthy meat.

**Less** Healthy for:

Stock Cubes:

I used to buy the organic stock cubes in the mistaken belief that they were healthier. Then I looked at the ingredient list and was amazed! It seems that good quality non-organic stock cubes have way less junk in them than organic - lesson learned. Always read the label!

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## Juice Of The Month

Vegetable juices with a bit of fruit in them for sweetness are the ultimate way to increase your veg, vitamin and mineral intake. If your digestion isn't as great as it could be, juices will be especially good for you as they're an easy way for your body to get nutrients in. These aren't to be used instead of anything, they're just a way to increase how many vitamins you're eating, plus they feel like a nice, sweet treat.

### Parsnip & Pineapple

Parsnip juice is way nicer than it sounds. Run a decent sized parsnip through the juicer, followed by a 1" thick slice of pineapple (peeled). You get a lovely sweet, thick juice.

I put 3 teaspoons of fish oil into my juices to increase the health benefits even further. I'm happy to give you the details of the fish oil I use if you're keen to take some.

I use [this juicer](#).

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## What I'm Cooking: Roasted Beetroot Soup

I'm not beetroots biggest fan, I'll eat it if it comes in the veg box, but I never really know what to do with it apart from grate it over a salad or juice it. This soup is a winner in my mind!

Serves: 2-3

Prep: 5 mins

Cook: 1 hour or so

## Ingredients

- 4-5 raw, fresh, beetroots
- 2-3 garlic cloves
- 2 sprigs thyme, leaves only
- Chicken stock
- 2 tablespoons full fat plain Greek yoghurt
- 2 teaspoons horseradish sauce

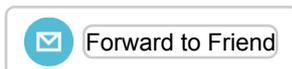
## Method

1. Give your beetroot a scrub to get the dirt off, then pop in a roasting tin with a little oil, cover with foil, then roast it for an hour or so, until the beetroot are cooked and soft.
2. While you're waiting for it to cook, mix the yoghurt with the horseradish sauce and set aside
3. When it's cooked, peel the beetroot then throw it into a jug blender with the garlic (I added three cloves and it was deliciously garlicky - if you're seeing people you like the next day, perhaps only use one clove!) and the thyme, then whizz it up with enough chicken stock to get it moving
4. Transfer to a saucepan and top up with chicken stock until you have it as thick or as thin as you want it to be
5. Serve your soup with a dollop of the yoghurt and horseradish on top - yummy!

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Until next time, enjoy staying healthy!

Best wishes,



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