

KINDNESS CAFÉ

MONDAY'S MENU

Eat to Ease...Anxiety



Feeling anxious?

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. It can be experienced through our thoughts, feelings and physical sensations.

Your diet may lack: FOLATE / FOLIC ACID

What are folate and folic acid?

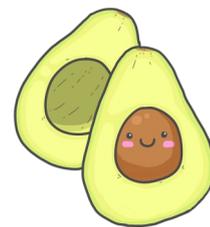
Folate is the naturally occurring form of vitamin B9. Folic acid is a synthetic form of vitamin B9 and is commonly found in supplements and fortified cereals.

Some studies claim that consuming foods rich in folate, or consuming folic acid, may help to reduce anxiety.

Foods which naturally contain folate include...



broccoli
avocados
tuna
hazelnuts
sunflower seeds



Why not try out the following pasta-based main course, complete with side dish? This recipe is based on the **Mind Meal** recipe, which you can find on the national Mind website (www.mind.org.uk). It features folate-rich tuna, spinach, avocado and sunflower seeds.

KINDNESS CAFÉ

A Folate-Rich Feast!

Pesto & Tuna Pasta with Avocado Salad

Serves: 2–4 people
Time: about 20 minutes
Skill level: very easy



image courtesy of www.mind.org.uk

INGREDIENTS

For the main course – pasta with pesto and oil-rich fish:

- 250g packet of rice pasta (wholemeal pasta works just as well)
- 100g jar of pesto
- 180g tin of tuna in brine or water
- Handful of spinach
- Freshly ground black pepper

For the side dish – avocado salad and seeds:

- 250g mixed salad leaves, including spinach and rocket
- 1 ripe avocado
- 50g of seeds (sunflower and pumpkin)
- Extra virgin olive oil
- Balsamic vinegar (optional)

METHOD

- Cook the pasta in boiling water according to the packet instructions.
- Meanwhile, wash the salad leaves, pat dry and place on a serving dish or plate.
- Dress the leaves with a drizzle of olive oil and balsamic vinegar (optional).
- Remove the skin and stone from the avocado, cut into slices, and add these to the salad.
- Sprinkle over the seeds and serve alongside your main dish.
- Once the pasta is cooked, drain the water and add 3 tablespoons of pesto, mixing well into the pasta.
- Tear up the handful of spinach and add to the pasta and pesto mixture.
- Open the tin of fish, drain the liquid, and stir the fish into the pasta.
- Finish with freshly ground black pepper, a drizzle of extra virgin olive oil, and serve alongside your avocado salad. Enjoy with a smile!

SMART SWAPS

Special dietary requirements? You can swap in: gluten-free or any type of pasta; nut and dairy-free pesto; any oil-rich fish, such as salmon, sardines or mackerel. Soybeans or roasted butternut squash are perfect vegan substitutes.

For the side salad, you could use: any salad leaves; other seeds, such as flaxseed, linseed, or a mixture.

KINDNESS CAFÉ

MONDAY'S MOCKTAIL

Orange juice is a natural source of folate, so you can happily indulge in this Fruity Mocktail recipe, by Lulu Grimes, taken from the BBC Good Food website.

(<https://www.bbcgoodfood.com/recipes/fruity-mocktail>)

THE BELOW RECIPE IS © Good Food magazine, December 2019

Fruity Mocktail

Make this fruit-flavoured mocktail with grenadine and orange juice to serve as a non - alcoholic drink option at a family party (*or a virtual festival!*). It's even more fun with grape and blueberry stirrers that double as a snack.

Serves: 4

INGREDIENTS

- Handful of green grapes
- Handful of blueberries
- 4 tbsp grenadine
- 300-400ml orange juice
- Sparkling water, to top up

You will need:

- 4 glasses
- bamboo skewers, for the fruit stirrers



*image courtesy of www.bbcgoodfood.com
© Good Food Magazine*

METHOD

- Thread the grapes and blueberries onto the skewers to make stirrers.
- Pour the grenadine equally into four glasses.
- Gently tip the glasses and pour the orange juice down the inside of the glasses, so it sits on top of the grenadine.
- Top up with sparkling water and add the stirrers to serve.