

KINDNESS CAFÉ

WEDNESDAY'S MENU

Eat to Ease...Lack of Motivation



Feeling unmotivated?

When you're feeling run down or low on energy, it's easy to neglect healthy eating habits. However, eating well can really help to give your immune system and energy levels a boost.

Your diet may lack: ZINC

What is zinc?

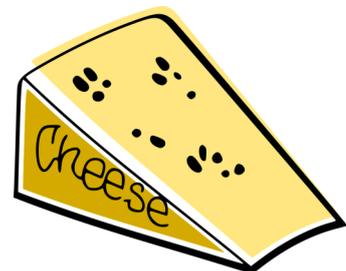
Zinc is an essential mineral (also referred to as an 'essential trace element') that the body needs for healthy growth, immunity and much more.

Zinc can help with the maintenance of normal cognitive function and boost your immune system and energy levels.

Foods which contain zinc include...



red meat
cheddar cheese
wholegrain cereals
mushrooms
blueberries



Treat yourself to a zinc-tastic brunch which features cheese, mushrooms and garlic – all ingredients that contain zinc. This recipe is adapted from the cookbook, *5 Ingredients – Quick and Easy Food*, by Jamie Oliver.

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Think Zinc - Think Yummy!

This recipe is by Jamie Oliver, adapted from his cookbook, 5 Ingredients - Quick & Easy Food. It was taken from his website, www.jamieoliver.com

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Baked Garlicky Mushrooms with Cherry Tomatoes and Cheddar Cheese

Serves: 2

Time: about 30 minutes

Difficulty: Not too tricky

INGREDIENTS

- 4 cloves of garlic
- ½ a bunch of fresh sage (15g)
- 350g ripe mixed-colour cherry tomatoes
- 4 large portobello mushrooms
- 40g Cheddar cheese

From the store cupboard:

Olive oil, red wine vinegar, salt and black pepper

METHOD

- Preheat the oven to 200°C/400°F/gas 6.
- Peel and very finely slice the garlic. Pick the sage leaves. Halve the cherry tomatoes.
- Peel the mushrooms, reserving the peel. Place it all (peel included) in a 25cm x 30cm roasting tray and drizzle with 1 tablespoon each of olive oil and red wine vinegar.
- Add a pinch of sea salt and black pepper and toss together.
- Pick out 12 perfect garlic slices and sage leaves for later, and sit the mushrooms stalk side up on the top. Bake for 10 minutes.
- Remove the tray from the oven, crumble the cheese into the mushroom cups and sprinkle over the reserved garlic and sage.
- Return to the oven for 15 more minutes, or until the cheese is melted and everything's golden, then dish up.



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SMART SWAP

You can always swap the cheese for a vegan option - this recipe will still be delicious!

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WEDNESDAY'S MOCKTAIL

It might not be a Long Island Iced Tea, but it's packed with blueberries, a fruit that naturally contains zinc. Enjoy this recipe by **Cassie Best**, taken from the BBC Good Food website here: <https://www.bbcgoodfood.com/recipes/blueberry-mint-iced-tea>

THE BELOW RECIPE IS @ Good Food Magazine, May 2015

Blueberry and Mint Iced Tea

Refreshing and fruity, this delicious drink is guaranteed to please at a family picnic, barbeque or party. *(And Festival of Kindness!)*

Serves: 4

INGREDIENTS

- 5 peppermint tea bags
- 140g blueberries
- 2 tbsp golden caster sugar
- Large handful of ice
- Handful of mint leaves
- A few lemon slices



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

METHOD

- Boil the kettle and put the tea bags in a jug. Pour over 500ml boiling water and leave to steep for 5 mins.
- Meanwhile, put 100g blueberries in a jug, add the sugar and lightly crush with the end of a rolling pin or a potato masher.
- Remove the tea bags from the water, pour the tea over the blueberries and top up with another 300ml cold water.
- Add a large handful of ice to cool quickly, or chill until cold.
- When you're ready to pack your picnic, pour the iced tea into bottles or flasks.
- Add a few sprigs of fresh mint, some lemon slices and the remaining blueberries. Seal and store in a cooler bag.