

KINDNESS CAFÉ

TUESDAY'S MENU

Eat to Ease...Low Mood



Feeling depressed / low mood?

Depression is a low mood that lasts for a long time and affects your everyday life. In its **mildest form**, depression can mean being in low spirits. It doesn't stop you leading your normal life, but it makes everything harder to do and seem less worthwhile.

Your diet may lack: **VITAMINS B3 and B6**

What are vitamins B3 and B6?

Vitamin B3 (also known as niacin) and vitamin B6 are two of the eight essential B vitamins.

Some studies suggest that consuming these vitamins may be useful in the treatment of depression.

Foods which contain B vitamins include...



bananas
brown rice
chickpeas
poultry
eggs
tomatoes



Today's recipe is by Ella Woodward, from her cookbook, *Deliciously Ella*. Her official website is <https://deliciouslyella.com/>. This dish features B vitamin-rich chickpeas, tomatoes and brown rice.

KINDNESS CAFÉ

A B-Vitamin Bite!

THE BELOW RECIPE IS FROM *Deliciously Ella*

Coconut Thai Curry with Chickpeas

Serves: 4



image © Clare Winfield, courtesy of *Deliciously Ella*

INGREDIENTS

- 2 x 400ml tins coconut milk
- 2 x 400g tins chopped tomatoes
- 2cm-3cm (about 1in) piece fresh ginger, peeled & grated
- 1-2 teaspoons chilli flakes
- 1 large butternut squash, about 1kg (2¼ lb)
- 2 medium aubergines, about 600g (22oz) total
- handful of fresh coriander, finely chopped
- 1 x 400g tin chickpeas, drained
- 3 teaspoons brown miso paste
- brown rice, to serve
- salt and pepper

TOP TIP

If you don't like chickpeas, you can leave these out. You can also substitute any of the veggies for other ones you have in the house; cauliflower, courgettes and sweet potatoes are all delicious.

METHOD

- Preheat the oven to 200C (fan 180C), gas mark 6.
- Put the coconut milk, tinned tomatoes, grated ginger and chilli in a large lidded ovenproof pot or casserole with a sprinkling of salt and pepper and allow it to heat on the hob until boiling.
- As it heats up, peel the squash and cut both the squash and the aubergines into bite-sized pieces. Add these to the coconut and tomato in the pot.
- Put the lid on the pot and allow the mixture to cook for about 30 minutes in the oven, at which point add the coriander and chickpeas along with the miso and place the pan back in the oven for 30 minutes. It's ready when the squash is soft.
- Serve the coconut curry with the brown rice. Store any leftovers in an airtight container in the fridge or freezer.

KINDNESS CAFÉ

TUESDAY'S MOCKTAIL

Today's non-alcoholic treat has bananas as its star ingredient! This Virgin Banana Daiquiri recipe is by Rebecca Pytell, from her website, Strength and Sunshine, and can be found here: <https://strengthandsunshine.com/virgin-banana-daiquiris/>

THE BELOW RECIPE IS © 2020 · REBECCA / STRENGTH AND SUNSHINE

Virgin Banana Daiquiri

Your frosty tropical cocktail favourite, made without the alcohol and right in a blender with just 3 real ingredients! Virgin Banana Daiquiris that are gluten-free, vegan and sugar-free – and even the kids can enjoy this healthy recipe!

Serves: 2

INGREDIENTS

- 2 medium-sized ripe bananas (cut into chunks)
- 2 tsp lime juice
- 1 tsp rum extract / essence (optional)
- ½ cup / 118ml cold water
- 6 large ice cubes



*image © Strength and Sunshine
courtesy of www.strengthandsunshine.com*

METHOD

- Place all the ingredients in a blender and blend until frosty-smooth!
- Pour into 2 glasses and serve with a slice of lime.