

Cooking with seaweed



Sustainably harvesting its wild seaweeds among Scottish and Norwegian conservation islands, Seagreens has been pioneering human food-quality seaweed for the past 10 years.

This natural multivitamin wholefood has all the minerals and trace elements in a near-perfect balance, and has also made it easier than ever before for anyone of any age to get a little seaweed into their daily diet. In fact, *The Guardian* voted Seagreens "one of the two best detox products on the high street" in 2005.

Two Seagreens wild seaweeds are produced for use on the plate, and are not expensive. Culinary Ingredient compares favourably with imported Japanese varieties and is a dried, granulated wild bladderwrack seaweed called *Ascophyllum nodosum* for sprinkling, cooking and baking. You can even sprinkle Culinary Ingredient on French fries and it is now recommended as an ideal replacement for salt (sodium chloride) in manufactured foods.

Then there is Seagreens Salad & Condiment, which gives much larger pieces of wild *Pelvetia canaliculata* to soak and add to salads and vegetables, grind up with herbs and spices, or just crunch as they are – delicious, and a highly nutritious taste of the wild.

Most health food stores stock these products. For more information on your local stockist visit www.seagreens.com or call Seagreens Information Service on 0845 0640 040.



SWEDISH WHORTLEBERRY BREAD

A traditional Swedish country bread, moist and easy to make, this recipe makes one family loaf

Ingredients:	100g linseeds or caraway seeds
233g rye flour	100g sunflower seeds
233g wheat flour (or gluten-free buckwheat)	75g coarse rye flakes
7.5g baking powder	75g coarse ground rye
7.5ml bicarbonate soda/ baking soda	100-150g lingonberries or lingonberry conserve (or Red Whortleberry)
30g Seagreens Culinary Ingredient	50ml treacle
5g Seagreens Salad & Condiment	350ml soured milk
100g raisins/dates	Two free range eggs

Method:

- Mix the dry ingredients in one bowl and the wet ingredients in another.
- Mix the dry into the wet ingredients
- Form the mixture into the desired bread shape and smooth the surface with a floury hand.
- Bake in a preheated oven at 175°C for one hour, or until the centre of the bread is dry (if a skewer or knife comes out cleanly).
- Let the bread cool on a close-wired or plain baking tray.

Useful tip:
To sour milk quickly, put one tablespoon of lemon juice into half pint milk, stir and allow to stand for one hour

PUKKA'S CLEAN GREEN SMOOTHIE



Blend, drink, cleanse

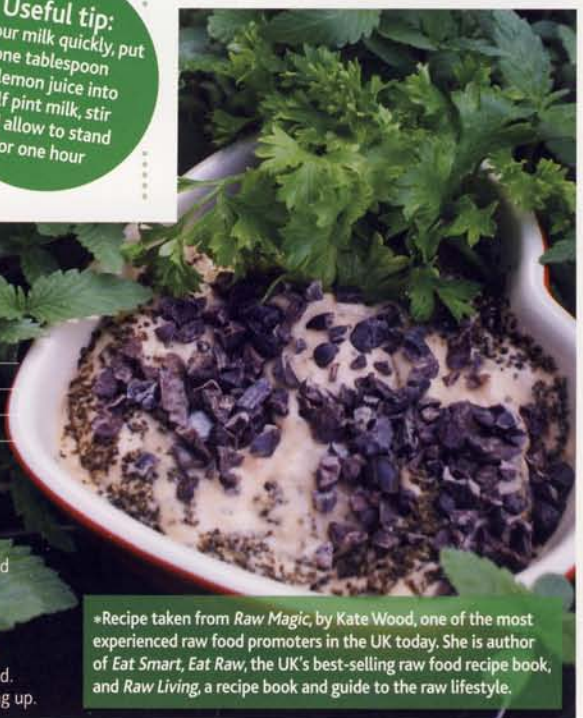
- 1 tsp Pukka Clean Greens (NEW – contains Seagreens)
- 1 small cucumber
- 1 small lettuce
- 2 sticks celery
- 1 tablespoon Pukka Aloe Vera Juice
- 1 teaspoon omega 3 oil (hemp seed)

CACAMOLE

Ingredients:
2 avocados
1 lemon, juiced
1 tbsp hemp oil
1 clove garlic
1 tsp (5g) Seagreens Culinary Ingredient
Pinch Himalayan crystal salt
2 tbsp cacao nibs

Method:

- Remove the flesh from the avocados and place in a blender. Add the lemon juice, hemp oil, garlic, and Seagreens.
- Blend to a puree, adding water or more oil if you need to. Stir in the cacao by hand. Share it with someone who needs cheering up.



*Recipe taken from *Raw Magic*, by Kate Wood, one of the most experienced raw food promoters in the UK today. She is author of *Eat Smart, Eat Raw*, the UK's best-selling raw food recipe book, and *Raw Living*, a recipe book and guide to the raw lifestyle.