

What's *Nov/Dec* cooking?

Keep up to date with all the latest
free-from happenings



**THE
HOTTEST
PLACE IN
TOWN**

The Willow arrives in Kingston

**16 The Triangle, Norbiton,
Kingston-upon-Thames,
KT1 3RT**

The Willow – a new 100% gluten-free health restaurant and bar – has opened its doors in Kingston-upon-Thames.

Their ethos is simple – your dinner plate is the foundation to better health. The Willow promotes the ethos of ‘food as medicine’ – locally sourced, real food that uses cooking methods that maintain nutritional integrity, alongside a bar that serves award-winning draught beers (also 100% gluten-free) and ciders, organic, biodynamic low-sulphite wines and homemade infused spirits.

The Willow offers a bright and airy space, where you can relax and tantalise the taste buds. You can enjoy a direct trade coffee in their terrace in



the morning; take the kids for a spot of lunch (their new children’s menu has also been added), or enjoy a refreshing glass of natural wine with friends in the evening. Their 100% gluten-free menu includes options that are dairy-free, grain-free, low carb, protein-rich, lower sugar, Paleo and even FODMAP friendly. The Willow is open seven days a week.

**For more information visit
www.yourwillow.co.uk**



National institution

The beloved British mint, Polo, ‘the mint with the hole’, has a punchy new addition to its sugar-free family, and holey moley it’s strong! Polo Sugar-Free Extra Strong is a welcome addition for those looking to cut the sweet stuff from their diet and we at *Free-From Heaven* HQ love it!



Superfood OF THE MONTH

SPIRULINA

Spirulina is an organic ‘algae’ powder, found naturally in ponds or certain hospitable areas of water and is high in protein and a great source of antioxidants, B vitamins and other nutrients. It is thought to be one of the most nutrient-dense food sources on the planet. It is largely made up of protein and essential amino acids.

The high concentration of protein and iron also makes it ideal for pregnant women, for convalescence, or for a significant boost to the immune system.

According to Authority Nutrition (www.authoritynutrition.com), Spirulina is extremely high in nutrients, has powerful antioxidant and anti-inflammatory properties, it may reduce blood pressure, it may be effective against anaemia, can improve muscle strength and endurance and could help with blood sugar control.

If you can get past the idea that you are eating algae from a pond, spirulina seems to offer all the benefits of many other superfoods, plus many more. ☺

