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Tagliatelle with asparagus, crispy pancetta and Parmesan. 20 minutes Not too tricky. Spaghetti with prawns and rocket (Spaghetti con gamberetti e rucola) 20 minutes Super easy. Salmon & couscous. 20 minutes Super easy. Moroccan style broad bean salad with yoghurt and crunchy bits. 20 minutes Super easy.

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At Living Tea, we relate to tea as a way of life. We believe that the craft, ritual, art and meditation of tea is a celebration of our relationship to Nature. By studying the way of tea, we learn principles from nature that allow for greater connection to ourselves and the world around us.

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For a fast and healthy midweek dinner, try this speedy Asian-inspired salmon recipe. Sticky soy, ginger and chilli-marinated salmon is served with a crisp and colourful veggie slaw and tender pak choi for a flavour-packed meal ready in just 30 minutes.

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Healthy green tea recipes: 1. Citrus Mint Iced Tea Toss some mint leaves, orange slices and green tea bags into a boiling teapot for a delicious homemade tea. Serve over ice and garnish the glasses with orange or lime slices. 2. Green Ginger Mint Tea Green tea with spearmint is a popular Moroccan digestive.

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something to suit all tastes and diets.

Recipes are then organized by type of base: Fruit, with recipes for Blood Orangeade, Pear and Ginger Tea; Vegetable, including Striped Candy Beets and Lime, and a Virgin Mary. Flower has ideas for Hibiscus Kombucha and a Hoppy Pale Ale, while Herb, Spice, and Tea is where things heat up with Lemongrass Tea and two Turmeric Immune Boosters as well as Jasmine Kombucha and a Lychee Basil Mojito.

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Easy healthy food recipes. Explore our selection of delicious healthy recipes that are packed with the good stuff and don't compromise on flavour. Whether you're after a crunchy noodle salad, a light pasta dish or a veg-packed soup, we've got you covered. For tips on maintaining a healthy balanced diet, check out our nutrition guide here.

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Tuck into healthy recipes that you can make in under 30 minutes. We've got plenty of quick and tasty salads, soups and mains to leave you feeling nourished. You're currently on page 1 Page 2 Page 3 Next; Chicken satay salad. 126 ratings 4.9 out of 5 star rating ...

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Instructions Place the spearmint leaves, hibiscus flowers, and red raspberry tea leaves in a 1/2 gallon Mason jar or similar size container. Pour the boiling hot water over the tea leaves, and let steep for 15 minutes. Pour the tea through a fine-mesh strainer into another jar, pressing on solids to extract all the flavor you can.

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Eating a balanced diet. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

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