

find your comfort FOOD

Summer is coming to a close and the days of light meals and crisp salads are well behind us. With autumn rolling in, the cooler weather calls for comfort food. The good news is that autumn is the season for an array of amazing, tasty fresh fruit and veg with plenty of health benefits. Take a look at how you can incorporate these seasonal foods into your daily meals.



Cauliflower

Just four years ago, the sales of cauliflower were plummeting, but it recently made a Sylvester Stallone-style comeback. The return of the humble cauliflower is so huge that Canada is going through what they have dubbed 'the cauliflower crisis', as they are experiencing a shortage of the vegetable. Many restaurants have removed cauliflower-based dishes from their menus and the LCHF (low-carb, high-fat) crowd are not happy.

Cauliflower recipes have come a long way from their cheese sauce days, with a variety of amazing and tasty dishes. They can be roasted whole with whipped goats cheese, or can be used as a pizza crust (low-carb Cauli base) if you're on a Banting diet. The good news is that it's packed with nutrients and can boost your brain health. So yes, your mother was right all along.



Sweet potato

Like cauliflower, sweet potato has also seen a boom in popularity. No longer satisfied with being just a Sunday side dish, restaurants have managed to incorporate sweet potatoes into their main meals. Now you can order a side of sweet potato fries or wedges and enjoy sweet potato soup as a starter.

Sweet potatoes are available all year round but they are freshest and have the best flavour during autumn. They are a far healthier option than regular potatoes, as they are considered a low glycaemic food, which helps to maintain steady blood sugar levels.



Figs

If any fruit screams autumn, it would be figs. This juicy little fruit works well with sweet and savoury foods and adds a vibrant pop of colour to any dish. The colours alone encompass everything we love about autumn and they contain a range of beneficial nutrients. A handful of dried figs makes for a great snack and a healthy alternative if you're trying to tame your sweet tooth.



Pumpkin

Without a doubt, the most reliable vegetable – pumpkin makes the perfect side dish. However, like sweet potatoes and cauliflower, its recipes have evolved over the years. You now have pumpkin varieties of soup, scones, bread and tea, and the old faithful pumpkin pie. Pumpkin seeds are packed with nutrients and should never be thrown away. Roast your own for an appetising, healthy snack.

