



# GO SLOW FOR THE GLOW

With one eye on our waist bands and the other on the bank balance we've invited food and fitness expert **Helen Duggan** to share a low cost, low faff, healthy recipe that will help keep hunger at bay and without forfeiting on flavour





**Helen** says she hasn't been sporty all her life, but has always been a "foodie". She's not had formal training but always enjoyed playing about in the kitchen and trying out new recipes. It wasn't until she was forced into the surgical menopause several years ago that she decided to combat the symptoms by changing her diet and training; adopting a more Mediterranean type regime and incorporating more Pilates and core strength work.

"These changes benefitted me not only mentally but physically and had a positive impact on my running and general fitness levels. However a serious cycling accident last year resulted in a broken shoulder in four places, surgery and having three months off work! During this time I studied for an Advanced Diploma in Nutrition and Weight Management and launched Core & More".

Subsequently Helen completed her training to be a Mat Pilates Instructor. She teaches small group Pilates classes in Kesgrave and Martlesham, helping clients improve posture, muscle tone and balance, as well as relieving stress and tension, developing whole-body strength and flexibility. She also offers nutrition advice to those seeking to improve their training programmes or with weight loss.

## Slow butternut squash and chorizo soup with yoghurt and seeds

I was inspired by my friend Liz Atkins and the Facebook group 'One Pot Wonders' when I was recently experimenting with easy recipes that could be prepared before we leave the house in the morning and be almost ready to serve when we get home. I dusted down my slow cooker for four new dishes; Chicken & Squash Curry, Braised Red Cabbage with Apple, Sweet Potato, Coconut and Chilli Soup and this Butternut Squash & Chorizo Soup which is just delicious. And the best part – there's very little washing up!

### INGREDIENTS

- 1 butternut squash (washed with skin on) cubed
- 1 red onion (chopped)
- 75g chorizo (chopped)
- 6 bay leaves
- Salt and pepper to taste
- A spoonful of natural yoghurt
- Seeds
- Baby spinach leaves to garnish

### METHOD

1. Prepare your butternut squash, onion and chorizo as listed and place them carefully in the slow cooker with the bay leaves and seasoning.
2. Following your manufacturer instructions select the appropriate setting for the length of time you're going to be out – I choose the 'low' setting and it's on for approximately eight hours.
3. Remove the bay leaves and using a stick blender or potato masher blitz the cooked ingredients and loosen the consistency with a little boiling water from the kettle to achieve the texture you prefer.
4. Serve with a dollop of natural yoghurt to balance the spiciness of the chorizo and a sprinkling of seeds; I chose pumpkin seeds and a few baby spinach leaves to garnish.



### NEW BEGINNERS CLASSES

**Wednesday 9th January**  
**Martlesham Primary Academy 7.45pm**

Pilates can improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. It is also an excellent discipline to complement other sports such as running, cycling, rugby etc... helping to develop whole-body strength and flexibility, and can help reduce the risk of injury. And you don't have to be sporty to benefit from it!

For more information search for **@HDCoreandmore** on Facebook

### NEW PILATES CLASS


