

Suppers To Make You

Foods To Sleep On

◆ Milk, dairy food, chicken and eggs are good sources of tryptophan, an amino acid from protein, and calcium. The body needs it to make melatonin, the sleep-inducing hormone

◆ Spinach, chickpeas and other pulses also contains tryptophan, calcium and B6 for the production of melatonin and serotonin, the sleep and mood regulators. Other good sources of B6 that feature in our recipes are avocado, pistachio and almonds. Nuts are also rich in magnesium, another component of melatonin.



◆ Lettuce also helps you sleep because it contains

lactucarium, the milky fluid that leaks from cut lettuce and known in folk lore as lettuce opium. Modern research shows it is virtually nature-identical to brain opiates.

◆ Cocoa powder contains antioxidants needed for anti-ageing overnight cell repairs.



SHOPPING LIST

- ☐ Almonds
- ☐ Chicken
- ☐ Eggs
- ☐ Pistachios
- ☐ Cocoa
- ☐ Lettuce



190
Calories per portion

Snoozy ZZZZZandwich

The ultimate chicken and avocado sandwich

Ingredients (Serves 1)

- ◆ 75g chicken breast, grilled
- ◆ 2tsp olive oil
- ◆ 1tsp lemon juice
- ◆ ½ ripe avocado
- ◆ 80g bread or ¼ ciabatta
- ◆ Small handful watercress or rocket

1 If there's time, marinate the chicken in 1tsp each oil and vinegar, covered in the fridge.

2 No time? Brush the chicken breast with 1tsp olive oil and lemon juice and grill for 12-15min, turning, until the juices are no longer pink. Season.

3 Peel and slice the avocado and dress in the lemon juice. This will prevent it discolouring. Toast the halved ciabatta or slices of bread and drizzle over the remaining oil.

4 Slice the chicken and assemble the sandwiches with avocado slices and rocket or watercress.

5 Alternatively, roughly mash the avocado and spread over the toasted ciabatta, then shred the chicken over the top as in the photograph. Season to taste and enjoy.

TIP Use cold roast chicken instead of grilling from scratch.

Snooze

Swap big dinners for light suppers rich in sleep-inducing foods – and so to bed!



110
Calories per egg

Coddled Eggs

Cuddle up with a light meal of eggs on buttery, warm spinach

Ingredients (Serves 4)

- ◆ 25g butter
- ◆ 100g mushrooms
- ◆ 100g baby spinach leaves
- ◆ 4 eggs

1 Heat the oven to 180°C, 160°C Fan, Gas 4. Have ready a roasting pan to hold four buttered ramekins. Clean and quarter the mushrooms.

2 Melt the butter in a pan and cook the mushrooms gently for 10min. Season and put in the ramekins. Put the washed, wet spinach in a pan, cover and cook gently to wilt the leaves. Drain and add to the ramekins.

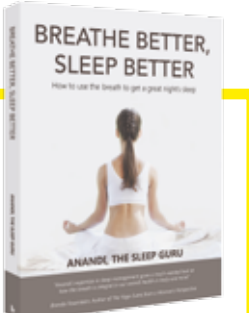
3 Carefully crack an egg on top of each ramekin and place them in the roasting pan. Pour boiling water into the pan, to reach half way up the sides of the ramekins.

4 Cook for 8-12min until the eggs are set but still soft. Serve with buttered toast.

Breathe Better, Sleep Better

◆ This ingenious new book from Alison Frances, an ayurvedic sleep consultant, hypnotherapist and yoga teacher combines yoga, meditation and psychology to help readers beat insomnia. Alison was given the spiritual name Anandi by the guru she studied with in India and she has since been dubbed Anandi, the Sleep Guru.

◆ Breathe better, sleep better, Balboa Press, by Anandi is available for Kindle and in paperback.



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Pistachio and Almond Pillows

Pillowy soft nutty nibbles – perfect with a glass of milk

Ingredients (Makes 20)

- ◆ 125g butter
- ◆ 125g caster sugar
- ◆ 2 free range eggs
- ◆ 50g ground pistachios or almonds
- ◆ 150g self raising flour
- ◆ Food colour/flavour, optional

- 1 Heat the oven to 180°C, Fan 160°C, Gas 4. Grease a baking tray. Cream butter and sugar until soft and pale.
- 2 Gradually beat in the eggs then fold in the nuts and flour. If using

almonds, the mixture can be coloured pink with added rose water to flavour.

- 3 Put the mixture into a piping bag with a round 1-2cm nozzle. Pipe small mounds onto the baking tray and bake for 12-15min until risen.

TIP Sprinkle a pinch of Matcha (green tea powder) or ground cinnamon on the milk.

110
Calories per
portion

Peaceful Pâté

A high protein vegetarian pâté to use as a dip or toast topper.

Ingredients (Serves 2)

- ◆ 100g split red lentils
- ◆ 2 carrots, sliced
- ◆ 1 small can butter beans
- ◆ 1tbsp sundried tomato paste
- ◆ 1tsp paprika
- ◆ 1tsp turmeric
- ◆ 2tbsp olive oil

- 1 Wash the lentils and simmer with the carrots in approx 250ml water until cooked. Drain if necessary. Put into a food processor or blender.
- 2 Drain the butter beans and add to the processor with the tomato paste, spices and half the oil. Season and make a smooth pâté.



- 3 Transfer to serving dish and smooth (or roughen!) the surface. Dust with paprika and drizzle with remaining oil.

TIP Use any canned beans of your choice in this recipe. Swap paprika for smoked paprika if liked.

140
Calories per
portion

Chocolate Dream

A milky bedtime rice pudding with crunchy almond topping

Ingredients (Serves 4)

- ◆ 60g pudding rice
- ◆ 25g sugar
- ◆ 400ml semi-skimmed milk
- ◆ 1tsp vanilla essence
- ◆ 20g cocoa powder

Topping

- ◆ 50g chopped almonds
- ◆ 1tbsp sugar
- ◆ 2tbsp oats
- ◆ 1tsp cinnamon

- 1 Heat oven to 160°C, Fan 140°C, Gas 3. Rinse the rice and drain. Butter a 600ml ovenproof dish and add the rice.
- 2 Gently whisk the sugar, milk, vanilla and cocoa powder until the cocoa is absorbed, then pour onto the rice. Cook for 1 hour or until the rice is soft.
- 3 Put topping ingredients in a non-stick pan. Stir over a moderate heat until a crispy granola-like mixture forms. Remove, cool and add to the pudding.

TIP Leftovers can be mixed with a little milk to re-liquify for reheating in a microwave or pan.



240
Calories per
portion

Find more comforting food on our website: <http://www.myweekly.co.uk/recipes>