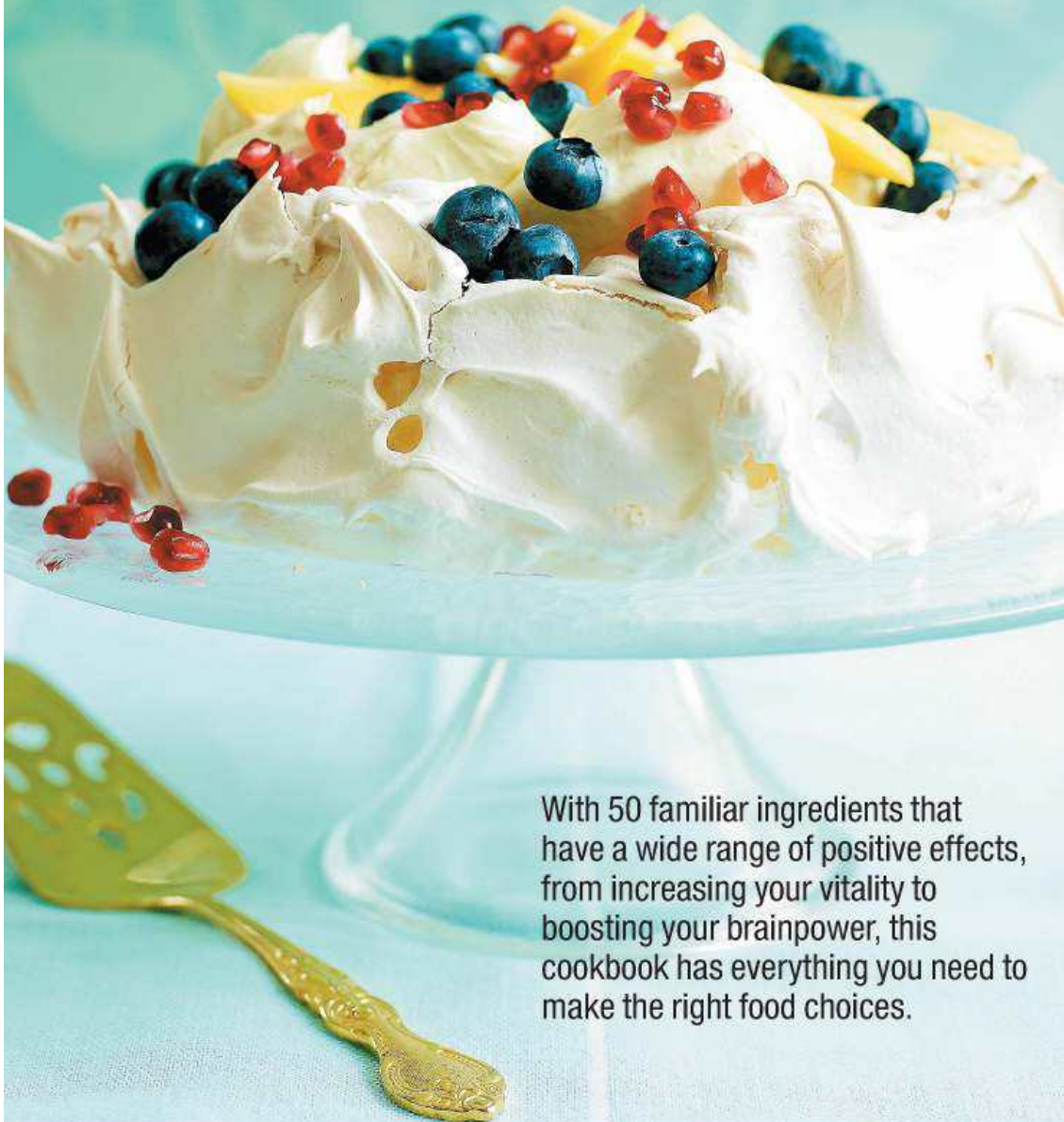




RECIPES FOR *Success*



With 50 familiar ingredients that have a wide range of positive effects, from increasing your vitality to boosting your brainpower, this cookbook has everything you need to make the right food choices.

How mango, pumpkin and salmon will change your life - page 21.





Pomegranate, blueberry and mango pavlova

The cream and sugar make this a dessert for special occasions (when a little indulgence is perfectly OK), rather than everyday eating. However, you still get the goodness of three types of fruit.

6 x 60g organic eggs, whites separated
pinch of salt
1 ½ cups caster sugar
1 tablespoon cornflour
1 tbsp white vinegar or apple cider vinegar
1 tbsp pure vanilla extract
300ml thickened cream, whipped
1 large mango, peeled, deseeded and thinly sliced
½ cup blueberries
½ pomegranate (seeds only)

Preheat the oven to 150C. Line a baking tray with baking paper marked with a 20-centimetre circle in the centre, marked side down.

Beat the egg whites and salt together in a large bowl using an electric mixer on medium-high speed until soft peaks form.

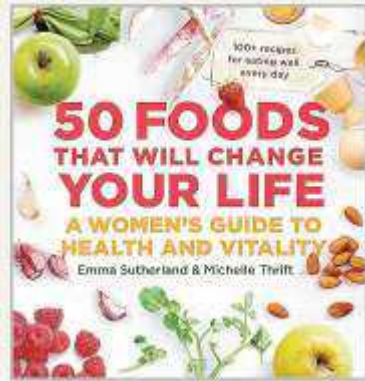
With the beaters running, gradually add the sugar. Increase the speed and beat until the mixture is glossy and stiff peaks form. Add the cornflour, vinegar and vanilla extract and beat until just combined.

Using a large metal spoon, dollop one to two spoonfuls of meringue mixture into the centre of the circle on the baking paper. Spread evenly to fill the circle. Spoon the remaining meringue mixture over the top to form a mound, being careful not to flatten or spread the mixture too much. The pavlova will expand approximately five centimetres during cooking. Bake for 20 minutes then reduce the temperature to 120C (100C fan-forced) and cook for a further 40 minutes. Turn the oven off, open the door slightly and leave to cool in the oven for a minimum of one hour, or overnight.

When the pavlova is completely cool, remove the baking paper and place the pavlova on a serving plate.

Top with whipped cream, mango slices, blueberries and pomegranate seeds.





50 Foods that Will Change Your Life: A Women's Guide to Health and Vitality. By Emma Sutherland and Michelle Thrift. (Viking, \$35.)

Corn cakes with smoked salmon

The sweetcorn in this recipe ups the nutritional value, as it's a good source of fibre and antioxidants. You can also serve the cakes with a tomato and avocado salad to make a delicious light lunch. If you are coeliac or gluten intolerant, use gluten-free flour instead of the wholemeal.

Corn cakes:

- 1 cup wholemeal flour
- 1 cup corn kernels (fresh or frozen)
- 1 red capsicum, finely chopped
- 1 red chilli, finely chopped
- 2 x 60g organic eggs
- 1 bunch fresh coriander, finely chopped
- Extra virgin olive oil, for frying
- ½ red onion, finely chopped



Sea salt flakes and ground black pepper

Topping:

- ½ cup aioli
- 125g thinly sliced smoked salmon
- 1 bunch chives, snipped

Place all the corn cake ingredients in a mixing bowl and combine well.

Heat the oil in a shallow frying pan over

medium heat and cook tablespoons of the corn cake mixture for 3 to 5 minutes, turning once, until the corn is cooked and the cakes are golden-brown. Drain on paper towels. Continue frying the corn cakes until all the ingredients are used. Allow the corn cakes to cool.

Top each corn cake with a little aioli, salmon and snipped chives.



Serves
4

Pumpkin, garlic and sage pizza

Pumpkin on a pizza might sound a little bit weird, but it definitely works, particularly when the flavours of garlic and sage infuse into the underlying sauce.

- 400g pumpkin, peeled, deseeded and sliced
- 1 tbsp extra virgin olive oil
- ½ tsp each ground sea salt and black pepper
- 4 x 15cm round thin pizza bases
- 1 cup tomato passata
- 1 small red onion, thinly sliced
- 2 cloves garlic, sliced
- 50g Swiss brown mushrooms, sliced
- 120g feta or goat's cheese, crumbled
- ¼ cup baby sage leaves

Preheat the oven to 220C. Line a baking tray with baking paper:

In a bowl, toss together the pumpkin, olive oil, salt and pepper. Place the pumpkin on the baking tray and roast for 15 minutes, until tender and golden.

Line two baking trays with baking paper and place two pizza bases on each tray. Spread each base with tomato passata then top with the onion, garlic, mushrooms, cooked pumpkin and then the cheese. Sprinkle with the sage leaves.

Bake the pizzas for 15 minutes or until the onion is cooked, the cheese has melted and the bases are golden and crispy.

Cut into slices and serve hot.