

THE WELL

Nourishing Basics

LEMON & GINGER PASTE

- 4 lemons
- 2 inches of ginger
- Blitzed in a blender
- Use 1 teaspoon each morning in a tumbler of warm water



PARSLEY FLUSH

- 1 bunch of parsley
- 1 pink grapefruit
- 2 lemons
- Boil the parsley, then simmer for 15 mins. Leave to cool, then add the juice from the grapefruit and lemons.



SPELT FLOUR WRAPS

- Heap tablespoon of spelt flour in a bowl. Mix with cold water to a pancake-batter consistency. Heat a little coconut oil in a flat, thin frying pan, then pour in the mix and cook for 3 mins each side.



TURMERIC PASTE

- 1 tablespoon of turmeric
- 1 dessert spoon black pepper
- 1 dessert spoon coconut oil
- 1 cup of water
- Heat all in a saucepan, mix into a paste, leave to cool, then refrigerate.



SEXAGENARIAN

SEASONAL LIVING AT THE WELL