

# Guilty pleasure?

*... or healthy treat?*

Discover the secret to healthy Jewish cooking with chef and food writer **JUDI ROSE**, daughter of **Evelyn Rose**, and family doctor and nutrition specialist **Dr JACKIE LEWIS**.

**Tasting & Interactive Demo**

Monday 24 December

1.20pm Purple 31

**Have your kugel & eat it.**



It's official — dark chocolate is good for you! It contains polyphenols to help prevent Alzheimer's, cancer and heart disease, and is high in iron and fibre. Pomegranates lower blood pressure and contain punicalagin, an antioxidant which may reduce the risk of cancer, dementia and heart disease. Pistachios, packed with protein but low in calories, help with weight loss and gut health.

## **JUDI AND JACKIE'S JEWELLED POMEGRANATE DISCS**

MAKES 10

BEST EATEN THE SAME DAY.

SERVE AT ROOM

TEMPERATURE

100g 70% dark chocolate

100g sliced pistachios

2 tbsp pomegranate seeds

1 tbsp sultanas



Healthy Jewish Cookery

@lokshen horror

Line a baking tray with parchment paper.

Chop the chocolate finely then microwave two-thirds of it on full power in 30 second bursts, or in a heatproof bowl over a pan of simmering water, until very soft. Beat in the remaining chocolate until smooth, re-warming briefly if needed.

Working quickly, drop teaspoonfuls of chocolate onto the lined tray, spreading each into a 5cm circle with the back of the spoon. Stud with the nuts and fruit then chill briefly until the chocolate has set. Enjoy them in good health!

[healthyjewishcookery.wordpress.com](http://healthyjewishcookery.wordpress.com)