

Violetta Cope calls herself The Green Chef for a good reason.

When it comes to good-for-you-food she is the queen of knowledge. From her Teignmouth home, she aims to improve people's diets and cater for those with food intolerances



Food & drink



The Green Chef, Violetta Cope, creates a healthy smoothie, which provides almost all of your recommended daily fruit and vegetable intake in one glass GARETH WILLIAMS EE091106_GW05_05



Health food expert Violetta Cope. Below, Violetta's tasty lemon balls and apple carrot cake GARETH WILLIAMS EE091106_GW05_12



Taking a leaf out of the Green Chef's recipe book

BY ANITA MERRITT

AFTER a few hours in Violetta Cope's company your diet and attitude to food will be transformed.

The Green Chef will help you discover how to increase the amount of fruit and vegetables in your diet, eat more healthily, detox sensibly or how to cater for people with allergies or food intolerances.

Violetta holds most of her workshops at her Teignmouth home, where her spacious kitchen is brimming with colourful fruit, vegetables and rows of jars filled with healthy nuts and seeds.

Her first words are reassuring: "Good, healthy food that makes you feel great doesn't need to be expensive or take ages to prepare."

Equally pleasing to hear is that

Violetta cannot live without chocolate. "I love my sweets," she admitted. "I need to have my comfort food, but in moderation. The best chocolate for you is the darkest and it has to be organic with very little sugar content."

"I call myself the Green Chef as I have done raw food training, which is very different from the normal food preparation chefs do."

Violetta has become renowned for her delicious green smoothies, which provide almost all of your recommended daily fruit and vegetable intake in one glass.

Violetta said: "I have a green smoothie every morning so a third of my diet is already taken care of. My daughters, aged 11 and eight, don't like salads, so I created the smoothies as a way for them to get their daily greens. They really like them."

Violetta is also a qualified man-

ual lymph drainage therapist with an interest in diet and nutrition, which was strengthened after a blood test revealed she had a severe food intolerance to yeast, wheat, egg white and dairy products.

Violetta went to the States to become an instructor and learn more about food and its impact on the body. She also became aware of the relationship between food and emotions and creating a healthy balance.

At her workshops, Violetta explains the importance of the science of food. For example, you might think having a breakfast of dry muesli and milk is very good for you, but you would be wrong.

Although it is healthy, Violetta says that oats, nuts and seeds soaked overnight are much easier for the body to digest.

She said: "I don't like to say I have got the answer because ev-

eryone is different. I'm also here to motivate.

"People come to me who want to detox. What I worry about is people who go on a strict two-week detox then bounce back into their normal eating after depriving themselves. A good detox is getting goodness into your normal diet gradually and not feeling like it's punishment."

"Why delay until January when you can make small changes now? "Everyone knows about healthy foods, but I'm like a little helping friend who says 'let's do it', I do it because it's wonderful. It's life enhancing."

The next two-hour energising fresh food workshops are on November 26, December 3 and December 10.

For more details, contact 01626 770121 or visit www.allergyfreediet.com.

Violetta's spinach smoothie

SERVES TWO

● Preparation time: 10 minutes

INGREDIENTS

- ½ cup chopped pineapple
- ½ small/medium mango
- One orange
- Bunch of baby spinach

METHOD

Roughly chop all ingredients and put into blender. Ensure you remove pips from the orange and blend to a smooth consistency.

Add some water or juice to your liking. You might like to change ingredients to suit your taste. Be adventurous! Spinach should be consumed in moderation. It is high in flavonoids (chemicals needed for a strong immune system) and lutein (important for eye health). The vitamin C from the orange helps improve iron absorption.

