

# What's New?

## Tea and Heavenly Cake?

Imagine a life without cake, cookies or ice cream. For the 45% of the population suffering from food intolerance and the estimated 2% with a potentially life-threatening food allergy, a diet free from sweet treats can often feel like a depressing reality.

Thankfully, London-based Heavenly Cakes [www.heavenlycakes4u.co.uk](http://www.heavenlycakes4u.co.uk) has the answer: a decadently delicious range of homemade, vegan delights that are free from eggs, dairy, wheat, soya, GM-ingredients and nuts (all products contain coconut oil). Gluten-free cakes are available for the growing number of coeliacs in the UK and sugar-free cakes made with agave nectar provide a diabetic-friendly alternative.

Distribution is increasing, with listings in selected health food stores in London and the southeast including G. Baldwin & Co; the UK's leading herbalist and supplier of natural products, and trendy food venues, such as Green & Blue in East Dulwich and Blue Mountain Café in Sydenha.

"We see so many people starting to walk past our stall because of their allergies or intolerances, but when they see they're free-from or vegan, they stop to find out more about Heavenly Cakes. One middle-aged man tentatively tried a cake sample and loved it. He said he'd never eaten cake in his life because of a food allergy from childhood."



## Go-Chai Spiced Tea

Made with antioxidant-rich black tea, thought to reduce the risk of heart disease and cancer, go-chai's unique recipe and authentic blend of five spices offer many potential health benefits, including:

Ginger: good for nausea, indigestion, fever and colds. Cinnamon: stimulates digestion and can help regulate blood sugar levels. Cloves: have anti-bacterial and anti-inflammatory qualities. Pepper: treats problems associated with the digestive system. Cardamom: aids digestion, freshens breath and soothes sore throats.

Simply dilute 1:1 in a cup with your preferred milk, dairy alternative or water, and heat for a minute on the hob. Alternatively, it makes a refreshing frappé when blended with ice plus milk or water.

go-chai is available in cafés and health food shops in London and for individual purchase on [www.teaworld.co.uk](http://www.teaworld.co.uk). For more information about go-chai see [www.go-chai.co.uk](http://www.go-chai.co.uk)