

### PARSLEY

This is in abundance in spring, so add it to everything savoury — pasta, eggs, frittatas and risottos. It freshens anything up.

GREEN SMOOTHIES ARE A GREAT WAY TO GET YOUR DAILY SERVE OF VEGIES

# HEALTHY HABITS

Spring into the new season fuelled by a diet filled with nourishing produce. Melbourne nutritionist and Insta-influencer Melanie Lionello shows us how to make a tasteful transition **WORDS JENNA MEADE**

**S**pring brings longer days and an abundance of new flavours to revitalise the body after a winter of comfort foods and less time outdoors.

Melbourne nutritionist Melanie Lionello — the talent behind the successful Instagram account @naturally\_nutritious — says the winter to spring transition is the perfect opportunity to start afresh.

To help our bodies adjust to the new season, she advises adding extra hydration and nourishment from a healthy spring diet.

"Make sure you're drinking enough water — the humidity changes and we're sweating a bit more as we spend more time outdoors," Melanie says.

"We tend to feel a little more heavy and sluggish after our winter meals, so try to incorporate more vegies into each meal.

"Aim for at least a cup, or two cups, of vegetables at lunch and at dinner."

With more than 145,000 followers on social media, Melanie regularly

posts healthy recipes to her account.

Her salads with hearty centres and vegetable frittatas are on high rotation this spring.

New growth means a new line-up of superfoods, and Melanie gravitates towards a favourite in the Mediterranean diet for its nutritional properties.

"I'm a big fan of wild greens, like nettle, in spring because they provide you with vitamins, minerals and fibre.

"They also help aid digestion by stimulating gastric acid, making it easier to digest food and absorb nutrients," she says.

"Bitter foods are a key part of Mediterranean diets, and sadly a lot of us don't get enough."

Another popular food group featured in Melanie's recipes tends to be a simple pantry staple.

"Peas, beans and legumes are so underrated but so great for you, and cheap, which is really important, too," she says.

### WILD GREENS

Stock up on nettle, chicory and green, leafy vegies, including spinach and silverbeet.



"EAT KIWIFRUIT ON THEIR OWN, OR ADD THEM TO PORRIDGE. I LIKE TO MIX SOME RICOTTA WITH A LITTLE BIT OF HONEY, BAKE IT AND THEN TOP IT WITH KIWIFRUIT THAT HAS BEEN SITTING IN A SPOONFUL OF LEMON AND ORANGE JUICE."



### BOWL FOOD

With spring comes an abundance of new flavours to dress up the current 'bowl food' craze. Create colourful combos such as salmon, seaweed, cabbage, cucumber and avocado (above). Or try roasted beetroot and cauliflower, fresh avo and spring onions. Finish with a sticky pomegranate sauce.



## SPRING FOOD TRENDS

### PURPLE REIGN

Purple means body-fuelling power this season, with the violet-hued vegies reigning supreme. Purple kale, purple corn, purple potato and purple cauliflower are among the stars of the show. And it's not just about looks. All are rich in anthocyanin, antioxidants, with anti-inflammatory and immune-boosting functions.



### HUMP DAY

Move over goats and sheep — camels are taking over as feta producers. Even cows are getting the push as the buzz surrounding camel milk products grows. With many of central Australia's wild camels being turned into dairy cows, products such as fresh pasteurised milk, cheese, ice cream and yoghurt are being made.

## HEAD START

Your breakfast oats rotation doesn't have to end in winter. Steel-cut oats are perfect for spring. Try them toasted with coconut flakes and tropical fruits, or opt for a savoury intake with warmed oats and a big pile of spring greens. Or why not mix things up a little and go for a serve of vegetables — instead of fruit — in your brekkie bowl, complemented by a new offering of savoury yoghurts. The natural flavour infusions include carrot, beetroot, sweet potato and tomato. Carrot, ginger, sultana and pepita porridge (below) is another tasty and nutritious way to start the day.



### LATTE LOVE

There's no sign of innovative latte flavours slowing down. While turmeric, matcha and charcoal have been at the forefront for some time, they're being pushed aside by new offerings such as lavender, beetroot and mushroom.



You'd be forgiven for secretly googling the range of new condiments popping up on menus. Habanero jam or black sesame tahini, anyone?

Healthy Way Coconut Chips, 100g, \$3.99



### LOCO COCO

With coconut oil, milk and water basically now pantry staples, it's no surprise the flavour is infusing a whole new range of offerings. You'll find coconut chips, spreads, dressings, tortillas, and even beauty products, on your supermarket shelves.

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