

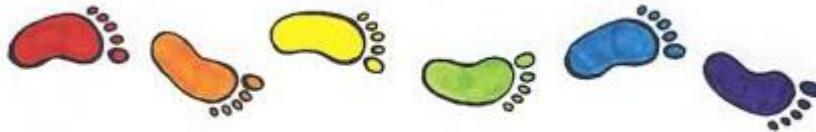
Hungerford Chiropractic Healthcare

August Newsletter



This month is all about "Walking"

Why not join us for our "Walk and Chatter"



Following on from our Walking Challenge the Team would be delighted if you would join us for a walk and chatter on Wednesday 14th August.

Please meet at the Centre for 18.20 the walk will be for approximately one hour with light refreshments afterwards.

Please feel free to bring along a family member or friend.

If you are interested please let us know by popping in, email or Facebook.

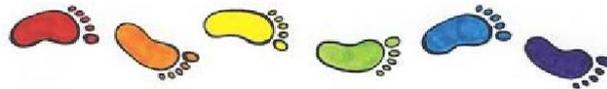
You may have noticed something different about our water - we have replaced our water filters with "Charcoal". Not only do charcoal filters remove a lot of nasty stuff from water, they can add things back into your water and make it healthier. Activated charcoal can add important minerals, such as calcium, magnesium and iron back into your water to improve the water quality.



Ours are by a company called Black and Blum and ordered through Amazon

Due to popular demand we started our Walking Challenge at the beginning of the month - it's not too late to join in the fun and get your name added to our weekly leader board and of course the winner of the most steps will get a fabulous prize!

JOIN US FOR AUGUST'S WALKING CHALLENGE



The HCH team have decided as we loved it so much, we need to get MOVING MORE...and we would love for you to JOIN US 🚶‍♀️🚶‍♂️

-Starts 1st August

RULES of the challenge:

-Have a way to track your steps (fit bit, pedometer, app on phone etc)

-Every Sunday evening/Monday morning email us (info@hungerford-chiropractichealth.co.uk) your steps from the previous week. We will create a leader board to track everyone's progress.

-There will be PRIZE for the winner at the end of the month! 🏆🏆🏆

Do join in the fun (...We can't wait to see the competitive side of you come out 😊)

Practice Member of the Month

Helen Phillips



A big thank you to Heidi for her cheerful manner and effective Chiropractic treatment. It is really a pleasure to visit each time and be greeted by the friendly Janeen and Wendy.

Helen

It has been wonderful to see Helen's progress over the last few months. We have had plenty of ups and downs, but I've always admired her determination and attitude towards her healing journey. Helen is so positive and fun, she brightens up the Centre whenever we see her.

Heidi

Recipe of the month

Having had great success with a banoffee pie recipe recently (see December 2018 Newsletter). I thought there must be something else that I can create using the same base. After much experimenting this is what I came up with. It won't disappoint!

Salted caramel chocolate torte

Crust:

80g almonds
200g oats
 $\frac{1}{2}$ tsp cinnamon
Pinch Salt
60ml coconut oil, melted
2 tbsp maple syrup
1 tbsp water

Raw Caramel Toffee:

225g pitted medjool dates
3tbsp cashew butter
1tsp lemon juice
Dash of vanilla extract
Salt
1 tbsp maple syrup if wanted

Chocolate Ganache:

130g chocolate (70% dark)
1 can coconut milk, chilled, the hard cream off the top = approx. 225g
1 tbsp maple syrup

Preheat oven to 190 degrees

Lightly grease the base and sides of an 8-inch tart/cake tin (needs to be quite deep) with coconut oil. Cut a circle of parchment paper to fit on the bottom and place it inside. This will prevent the crust from sticking

Blend the almonds on high setting, until they are the texture of course sand

Add in the oats, cinnamon and a pinch of salt, and blend again until you have a rough flour

Add coconut oil, maple syrup and water

Pulse everything until well incorporated and the dough holds together (it should stick together when pressed between your fingers. If it's too dry, try adding another tsp or two of water

Crumble the dough over the base of the tart pan in an even layer. Starting at the centre, press the dough flat with your fingers and work your way outward and up the sides (ensure the edges are thinish - and all is fairly thin!)

Raw Caramel Toffee:

Soak dates for at least 2hrs in boiling water - enough to cover

Drain the dates and reserve soaking water

Put dates in blender, add the cashew butter, lemon juice, pinch salt, vanilla extract

Blend on high setting until the caramel is smooth, adding the reserved soaking water, 1 tbsp at a time, until desired consistency is reached (thick, spreadable)



Store any leftovers in airtight container in fridge for up to 1 wk)

On the cooled base, make a thick layer of caramel. If wanted, do a fine sprinkle of salt on top

Chocolate ganache

Cut up the chocolate very small, and put in a glass bowl

Heat the coconut milk until gently simmering, add the maple syrup

Pour the hot cream over the choc and allow to sit for a minute, then stir well

Quickly pour the choc mix onto the caramel layer (as the choc will go hard)

Pop in the fridge for at least 3hrs to harden

I like to decorate with a scatter of caramelised flaked almonds, and serve with whipped coconut cream (the hardened cream onto of the chilled coconut milk, with a tiny bit of maple syrup and vanilla extract)



Join the HCH Community: @HungerfordChiropracticHealthcare