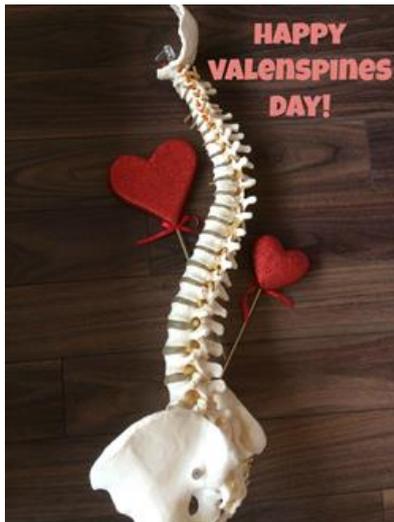




Hungerford Chiropractic Healthcare Newsletter 2019

Give the gift of
health this Valentine's
Day!



This month we are celebrating the gift of health, maybe you know someone that would benefit from one of our fabulous **50% off a NP Consultation and Verbal Report of Findings vouchers**



We would like to thank all who took part in our
Google Plus Review competition, we are delighted to
announce the winner is:

Rachel Chidgey

Practice Member of the Month

Phil Wright

I've been coming to see Heidi for nearly a year now and can't praise Heidi enough for the treatment she provides.

This is a bit ironic in many respects as when she has your neck and you know what's coming.

There are some days when I know I haven't done enough walking or exercises and Heidi always says something positive which immediately peps me up.

Of course, I can't finish without mentioning Janeen and Wendy who always greet me with a smile 😊 and have a good chat.

Wonderful treatment.

Phil



Phil is such a star! He is always smiling, upbeat and positive. He has made incredible changes under care and is great at doing his part to help the healing process.

It is such an honour to be a part of his journey.

Heidi

Recipe of the month - Coconut Fudge

This recipe comes from a friend of mine. She has been making it for me for years, and she finally let me have the recipe! Its super simple and absolutely delicious. The perfect bit of 'healthy' indulgence for valentine's

Coconut Fudge Ingredients

- * 400g pitted dates (don't use Medjool as they are too soft and won't keep well out of the fridge).
- * 400g block of creamed coconut
- * 60ml water
- * For the chocolate topping either melt 150g dark chocolate with 50g coconut oil or make your own chocolate:
 - * 75 grams cacao butter
 - * 50 grams coconut oil
 - * 100 grams raw cacao
 - * 4 tbs maple syrup (more or less can be used depending on how sweet you like it)
 - * 1 tsp vanilla extract

Instructions

1. Blitz the dates in a food processor until finely chopped and starting to bulk together. Add to a pan with the water and warm until looking nice and sticky.
2. Chop the creamed coconut up reasonably finely and add to the pan. Stir very well then remove from the heat (you will still have lumps of coconut left, that's ok!).
3. Add the mixture to the food processor and blitz until very well combined.
4. Tip out into a silicone mould (ours is 20 cm x 20 cm square) and use the back of a wet metal spoon to smooth into the container. This is important, so you get a good flat surface. You may need to keep re-wetting the spoon as it gets sticky.
5. Leave in the fridge for at least 3 hours, ideally overnight.



Chocolate topping

1. Melt it in the pan (bain-marie method) with the coconut oil or for the homemade choc:
2. Add the cacao butter and coconut oil to the pan and melt, DO NOT let it boil. Let it cool slightly.
3. Then whisk in the cocoa powder, maple syrup, and vanilla extract until it forms a smooth liquid.
4. Pour over the coconut fudge and pop back into the fridge to leave to set. Again it will take a few hours.

Once it is all chilled and solid tip out onto a chopping board and using a large sharp knife cut into the size you'd like!

Store in the fridge and enjoy!

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