

GADGET
OF THE
MONTH



Insanely delicious and the embodiment of summer – say hello to instant ice lollies. The **Zoku Quick Pop Maker** whips up your faves in minutes. Cool down the kids and go wild with the flavours – try fresh juices or yogurt. Bring on the sun, we say!
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insta food



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Ideas from award-winning food blogger and mum Emily Leary.



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Bristol foodie Diana shares colourful superfood finds.



@eatsamazing

Lessons in lunchbox loveliness from food artist Grace Hall.

food news

Your monthly guide to GOOD TASTE

SOUL FOOD

OLIVIA WOLLENBERG, FOUNDER OF LIVIA'S KITCHEN AND AUTHOR OF *LIVIA'S KITCHEN: NATURALLY SWEET AND INDULGENT TREATS*

soup. One of my best memories is standing on a stool next to her aged 10 as she prepared the most enormous pan of it for our family of five. We nearly always have dinner together on a Friday night still – it's tricky now that we're older to get together, so knowing Fridays are reserved for good food and family is special.

HAVE YOUR MEMORIES AFFECTED WHAT YOU COOK?

In so many ways – my passion for baking and cooking comes from my mum. Being a sugar monster, lots of my favourite memories (and family photos) involve treats and desserts; my sisters and I used to pick up bags of gooey doughnuts or chocolate muffins on our way home from school, so having to give all of

that up due to food intolerances was really hard. When I decided to found Livia's Kitchen, it seemed inevitable that it would revolve around nutritious twists on my favourite indulgent treats.

TELL US FIVE THINGS GOING IN YOUR SUMMER PICNIC BASKET

I love a picnic! I would make a big salad; a raw mushroom ceviche with lots of lime, coriander and tamari; I'd pack a tub of brown rice pasta with fresh, homemade pesto; and crackers and dips, too, as they're good snacks for sharing. I'd also bring summer fruits and Peanut Butter Cookies from my blog.

liviaskitchen.co.uk



WHAT ARE YOUR EARLIEST CHILDHOOD FOOD MEMORIES?

I'm one of three sisters and we always used to help out in the kitchen. One of my favourite memories is the sandwiches we'd make when we got home from school; we used to get the softest white bread and fill it with Nutella, then microwave them to make them all doughy – not at all healthy, but oh, so delicious!

WHAT DISHES STAND OUT?

My mum's Friday night chicken



Loaded with magnesium and iron, this year's supersnack is raw cacao nibs. Sprinkle on porridge, salads and smoothies. hollandandbarrett.co.uk