



THE nourish PANTRY

Blis WHOLEHEARTEDLY ORGANIC

PURE LIQUID
for your well being

Manuka Honey has many well known scientifically proven benefits. As one of the greatest superfoods it's best when pure, and **organic**.

BLIS™ 100% Certified Organic Raw Manuka is produced using the most ethical and organic beekeeping methods. Organic certification is your guarantee that our Manuka Honey is free from harmful chemicals and additives that can compromise our immune system.

All BLIS™ Organic Manuka Honey is batch tested and certified for purity, strength and methoxymethylglyoxal (MGO) levels. This MGO number guarantees the strength of our premium Manuka Honey.

Discover **BLIS™ Organic Manuka Honey's** golden rich goodness
Visit www.organicdoor.com.au
Promo code: **HEALTHY**

Ask for **BLIS™ Organic Manuka Honey** in your favourite health food store or contact First Stray
☎ 1300 989 687 www.firststray.com.au



WIN with Kintra Foods

We've got a hamper filled with delicious, high-quality tisanes to give away to one lucky *nourish* reader. The Kintra Foods range of tea products was created with a specific health purpose in mind - whether its dandelion for the liver or rooibos for antioxidants, we've got you covered. Also includes a Breville Smart Kettle with five temperature settings for the perfect cuppa. Total prize value is \$503. To enter and for full terms and conditions, visit nourishmag.com.au

Meredith Marinated Goat's Cheese

A delicious creamy Australian goat's cheese that's perfect for Martyna Angell's Sweet Potato and Mushroom Burger (page 60). Available online at \$13.99 for 320 g at harrisfarm.com.au



Bob's Red Mill Masa Harina
This corn-based flour is perfect for making your own tortillas, which is way easier than you think! (Give it a try on page 86.) \$8.75 for 680 g at kombuwholefoods.com.au



Jamie Oliver's Sticky Fig and Balsamic Drizzle
You'll need this sweet and sour flavour combo to drizzle over Sarah Todd's Dark Chocolate Fudge (page 52). Yum! Available at Woolworths, \$4.99 for 250 ml, woolworths.com.au



Mount Zero Mixed Olives
Don't have time to water cure your own olives? Nellie Kerrison of Relish Mama Cooking School says Mount Zero olives are a quick and easy alternative, and you can still marinate them yourself! (See recipe on page 65). \$8.50 for 300 g at mountzeroolives.com



WIN one of 10 Mad Millie Yoghurt Kits

Joining Mad Millie's wide range of create-your-own gourmet food kits is their new Coconut Yoghurt Kit. An awesome dairy alternative that's packed with probiotic goodness, we couldn't wait to try it ourselves! To celebrate, *nourish* is giving away a Coconut Yoghurt Kit (valued at \$29.95 each) to 10 lucky readers. To view T&Cs and to enter, visit nourishmag.com.au