

## HELLO NOVEMBER

We have 2 months left of 2023. Are you excited or nervous? Or is it a bit of both? There's always so many mixed emotions when it comes to this time of the year, coupled with that dreaded 'year end fatigue.' But this is your gentle reminder to remain soft with yourself and hydrate.

Things are winding down (or up), so get plenty of sleep and nourish your body. November is going to be beautiful. Its going to be lighter, and we're all going to achieve with so much ease and grace.

Here are some goals for November. Cherish the changing of the seasons. Find space for laughter and lots of fun. Make time to slow down.

Protect your energy.

Move in ways that feel good and easy.

Be grateful.

Practice gratitude.

Rest.

Lots and lots of rest.

The great thing about November is that it's the beginning of the festive season. If you're anything like us, Christmas decorations will be going up real soon.

We are so excited about all the festive recipes will be sharing. with you this season. Starting with a delicious, yummy summer salad that will keep your guests coming back for more.



## PUMPKIN SALAD WITH PEPPADEWS

## **INGREDIENTS**

**IFOR THE SALAD:** 

400 g pumpkin, peeled and cubed
3 Tbls butter, melted
2 Tbls honey
1 Tbls mixed spice
100 g peppadews, chopped
150 g goats cheese, rolled into balls
Rocket leaves
Watercress
50 g pumpkin seeds
50 g cashew nuts

FOR THE DRESSING:

150 g olive oil 80 g balsamic vinegar 1 Tbls Hot English Mustard Salt and pepper 1 Tbls lemon juice 1 Tbls honey

## **METHOD**

Preheat oven to 200 degrees C.

Mix the pumpkin with butter, honey and mixed spice Bake in the oven for 15-20 minutes until pumpkin is tender. Remove from oven and allow it to cool.

Toss pumpkin with the peppadews and goats cheese. Arrange the rocket and watercress in a salad bowl. Top with the pumpkin.

Garnish with the pumpkin seeds and cashews.

Mix all the dressing ingredients together and serve with salad.



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