



Step by step

WHOLEFOODS BLOGGER AND MUM OF THREE YOUNG KIDS, **LISA CORDUFF** IS PASSIONATE ABOUT CONNECTING REAL PEOPLE WITH THE REAL FOOD MESSAGE. NOTHING FANCY, NO FRILLS, JUST THE INFORMATION AND INSPIRATION PEOPLE NEED TO MAKE LASTING CHANGE.

Four years ago, when my son started eating food I looked up all the traditional books and gave him a start on rice cereal and basic fruit and veggies. But then I began to wonder what healthy food really was. What does his perfect little body need to thrive?

And so began a totally life-changing journey into the world of food. I did a bit of study and due to what I was learning, saw that the only

way forward was to begin removing the processed and packaged food from our home.

But then I got pregnant again...and again. In four years I had three children, wow! I didn't have time to be a super mum and make all these changes to our diet overnight. I also certainly didn't have the willpower to resist (ahem non-mentionable) drive-thru items whilst pregnant. But slowly and surely I was

actually changing what we ate and how I bought it.

Over the past three years our family has become a predominately wholefoods family. We by no means have the perfect diet (does that really exist anyway?) but I have worked out how to get real food meals together in a hurry.

And here's why I reckon it's important: our body needs food that it recognises as food. That's it. Food that is created in factories with a whole load of additives and preservatives and processed to extreme temperatures and pressures is not conducive to a healthy body. It makes so much sense when I say it like that!

But the reality is that I grew up in the eighties and processed food was just a part of life. It was 'normal'. The challenge for mothers now is to recognise that processed foods aren't the best and be kind to themselves as they take on the challenge of adding more real, whole foods into their families lives.

One of the first things I changed was to get rid of anything 'low-fat'. The low-fat era has certainly done us no favours as removing fat meant that flavour was often replaced with sugar. Ditch low-fat and you have a product that is suddenly more 'whole' than it's counterpart. (Oh and good fats don't make you fat!)

Another simple thing that you can do is replace margarine with butter. Wow it's been a challenge convincing my parents that butter isn't the enemy. If you do a little digging about what margarine is actually made from, you may just be turned off for life!

Remember – my aim is real food. That's all I try and do. I look at the food and think: "How real is this? Does my body recognise this as food?"

So how about soaking oats overnight for an awesome quick porridge in the morning? Or making bacon and eggs for brekky? If all this

sounds overwhelming and the thought of changing everything is daunting and scary and, well, boring, relax! I created a program called Small Steps to Wholefoods because I absolutely believe that these things take time. A lot of time in my case! I break it all down and call in the experts to share their knowledge to help you make the transition.

I know I'm lucky that I copped on to this when my kids were little so we never started the 'packaged food' trend in our house. Now that they are a bit older they of course want 'fun things' from a packet but I try and bypass this by making sure they never feel deprived.

They eat cakes and cookies and muffins but I'm now much more savvy with the ingredients I use and can easily up the nutrition in them quite easily. Alternating the flours we use – like spelt or coconut flour – or using funky ingredients like sweet potato or kidney beans – means that we bypass the constant cycle of using wheat flour, which is often quite irritating to little bodies.

But in my humble opinion, as a mum who just wants to do the best she can with what she's got, anytime I create meals and snacks for my family (as opposed to giving it to them from a packet) I know that I'm setting us up for a healthier life. And I give myself a pat on the back.

Because motherhood is a juggle, life is a juggle and life shouldn't be all about food. But what we eat is super important, it cannot be denied.

And I'm always sharing what I know via my Facebook Page and website. Catch me there if you want more real food inspiration for your family.

Lisa Corduff is the creator of Small Steps to Wholefoods, an innovative online program encouraging participants to eat more real food, one small step at a time.

Innovative because you can't fail this program! Each small step is a celebration. >



Lisa's Lunchbox Muesli Bars

THESE DELICIOUS NUT-FREE, DAIRY-FREE, EGG FREE BARS ARE GOOD FOR EVERYONE!

INGREDIENTS

120g raw honey
60g coconut oil (could replace with butter)
2 tbsl coconut sugar (could use rapadura sugar)
1 tsp vanilla bean paste (or vanilla extract)
250g oats
50g desiccated coconut
60g pepitas
60g sunflower seeds
2 tsp cinnamon
1 tbsl chia seeds
60g chopped dates
60g chopped dried apricots

(The addition of 1 egg will help it hold together better, it does make it a bit more 'cake' like though. If you want to add an egg or two then do so when mixing all ingredients. I prefer it without!)

METHOD

- Line a baking tray with baking paper and preheat oven to 150 degrees
- Add all dry ingredients to a bowl or blender and combine.
- Over a low heat, melt the sugar, honey, vanilla and coconut oil together.
- Once the sugar has dissolved add the mixture to the dry ingredients. If you're using a blender, then whizz it until it all comes together. If using a bowl mix it up really well until totally combined.
- Put mixture into baking tray and flatten to about 1-2 cms. (The thinner it is the crunchier it will be). Place in oven for 30 minutes or until browned all over. Cut into squares or rectangles while warm.

See Lisa Corduff live at Feel Good Field Day on the 24th May. Visit www.soulcollective.com.au for details