

# LOCAL IS LOVELY WITH THERESE STEELE

By [MNB TEAM](#) | Posted in [Interviews](#), [Nourish](#) | [January 18, 2013](#) | [Add to favourites](#)



Today we welcome the ever so inspiring Therese Steele to MNB.com. Therese is one inspiring individual, she is a mother, a health enthusiast, home economist and an all round lovely lady who is passionate about encouraging young people to eat healthy food. Therese visited LJHQ to tell us all about her new book "[The Art of Nourishing](#)" and offered some rocking recipes that are easy to create, nutritious and most importantly, delicious!! Therese has a truly unique story – a story of hope for the future. The Art of Nourishing tells the tale of how a mother and father of a seriously ill baby challenged all odds– including modern medicine – so that they could survive their trauma without using prescription drugs and surgery. And guess what? They succeeded in the process, and created a more wholesome life in the process.

*“Live in the now. Laugh. Be positive”*

Therese proves that food and healthy living is one of the best forms of medicine one can take. Visit Theresa’s site to learn more about her inspiring story and how she changed her family’s life around by embracing a healthier lifestyle. If you are seeking a down to earth book, with tasty gluten-free recipes and insightful tips for

healthy living...then look no further than 'The Art of Nourishing'. [Click here](#) to get your hands on this inspiring read.

We took 5 with Therese to find out how she MNB's.

***MNB: What inspired you to write your own book?***

My concern for the health and well being of children, in particular their diets and growing up too fast.

***MNB: Can you tell us a bit about your food philosophy?***

Eat fresh, organic food that is close to it's natural state, free of additives, preservatives, gluten and sugar.

***MNB: Have you always been passionate about healthy living? What was the 'uh ha' moment for you...***

No, but there have been a few moments in my life that planted the seed of concern- when I was young I was worried about my parents smoking as this affected my asthma as did the chemical cleaning products they used. My first job was with a large food manufacturing factory where I was shocked with what they added to foods. Eventually after having a baby with health problems, I realised healthy living was the only way to live.

***MNB: How do you nourish your body each day?***

Drink at least 8 glasses of purified water, prepare and eat real wholesome food, read positive affirmations, exercise, yoga and meditation and smile lots.

***MNB: 3 main ingredients we could find in your kitchen?***

Eggs, vegetables and fruit.

***MNB: If you could convert someone over to healthy eating – what would you make for them?***

My Brazil Nut, Lentil and Brown Rice Salad. Pg.146 of 'The Art of Nourishing'.

***MNB: What's your signature dish?***

My nutritious gluten-free bread and its variations – fruit and nut loaf, pizza and banana bread.

***MNB: Best healthy smart swap discovery***

I use sheep's milk yoghurt instead of cow's or soy yoghurts.

***MNB: If you could cook a meal for someone [dead or alive] who would it be & why?***

Jamie Oliver. I admire his determination and passion. I have spent my children's schooling years struggling to clean up tuck shops, sports canteens and school camps and I know what a difficult job he has undertaken.

**MNB: If you could clear up any food misconceptions... what would they be (e.g. low fat vs. full fat foods)**

If it is labelled gluten-free it does not always mean it is "healthy"

**MNB: How do you MNB [Move, Nourish & Believe]**

I live and breathe what I promote – "The Art of Nourishing"



### you will need:

- 2 x 400g cans organic chickpeas
- 1 tbsp grapeseed oil
- 3 tsp cumin
- 2 tbsp sesame seeds
- 1 cup finely chopped celery or baby spinach leaves
- 1/2 cup chopped sundried tomatoes
- or 1/2 cup chopped preserved lemons

### dressing

- 2 x 400g cans organic chickpeas
- 1 tbsp grapeseed oil
- 3 tsp cumin
- 2 tbsp sesame seeds
- 1 cup finely chopped celery or baby spinach leaves
- 1/2 cup chopped sundried tomatoes
- or 1/2 cup chopped preserved lemons

### directions

1. Drain chickpeas, mix with oil, cumin and sesame seeds in a baking dish.
2. Bake for 10 mins, stir mixture, bake for another 10 mins and remove from oven.
3. While chickpeas are baking, slice cucumbers in half lengthwise. Remove seeds with a teaspoon, discard, and dice cucumbers into 1 cm pieces.
4. Combine celery or spinach leaves, sundried tomatoes and baked chickpeas.
5. For dressing, combine basil, parsley, mayonnaise, lemon juice, salt and garlic. Mix well or blend in food processor.
6. Toss dressing through salad & enjoy.

The girls in Head Office went ga ga over this creation.



*brasil nut, lentil  
& brown rice salad*

*moveyourishbelieve.com*

*you will need:*

- 1 1/2 cups cooked organic brown lentils  
or 400g can organic brown lentils, drained
- 1 small red onion, finely chopped
- 1/2 cup chopped brazil nuts
- 2 cups cooked brown rice
- 1/2 cup chopped raisins
- 1/2 cup chopped parsley
- 1/2 cup chopped mint
- 2 cm piece of ginger, peeled & grated

*dressing*

- juice & finely grated rind of 1 lemon
- 1/4 cup tamari (gluten free soy sauce)
- 1/4 cup olive oil or mustard seed oil
- 1 tbsp maple syrup

*directions*

1. Combine first 8 ingredients in a bowl.
2. Combine salad dressing ingredients in a screw top jar. Shake and mix through salad.
3. Serve cold & enjoy.

*One word Amazing... you have got to try this!*

LORNA JANE



Thank-you Therese for sharing "The Art of Nourishing" with us & making eating healthy that much easier.