

YOUTHFUL MIX-INS

Collagen is the most abundant protein in our bodies. One of its jobs is to keep our skin firm and elastic. However, as we age, our ability to produce collagen starts to decline so a supplement is a great way to boost our supply. The team at The Beauty Shake has developed a 100% Pure Marine Collagen powder. Its anti-ageing effects are clinically proven over a 12-week period of daily intake, so we've been mixing a teaspoon a day into our morning smoothie bowl and keeping our fingers crossed!



Nest gen gift

Looking for a Chrissy gift for your household? The second-generation Google Nest Mini (\$79) is a voice-activated speaker you can do all sorts of things with. Just saying "Hey Google" wakes it up so you can ask it to play music from Spotify, YouTube Music and more. It sounds bigger and richer with more power and bass than the original. The Google Assistant is on hand to help with Google searches, as well as reading out personalised schedules and reminders, setting timers and alarms, and even turning on the lights. Google Nest Mini is compatible with hundreds of smart home devices. Home organisation has never been simpler.



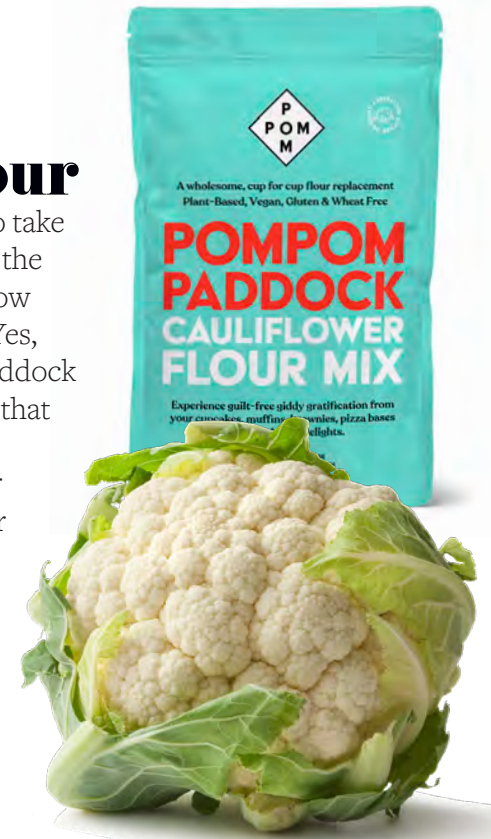
LOVE YOUR TUMMY

With BBQ season well and truly here for another year, we're always on the look out for tasty sides – check out the recipe feature on p46. But if you're time-poor and after something quick and simple, the range of sauerkrauts from Love Your Guts will take your sausage sanga from zero to hero in no time. If pickled veg isn't your thing, though, there's also a range of water kefir full of gut-friendly goodness. It was the first time we'd tried water-based kefir and found it a much lighter drink than the usual milk-based options. Being lactose free is also great for anyone with a dairy intolerance.



Flower flour

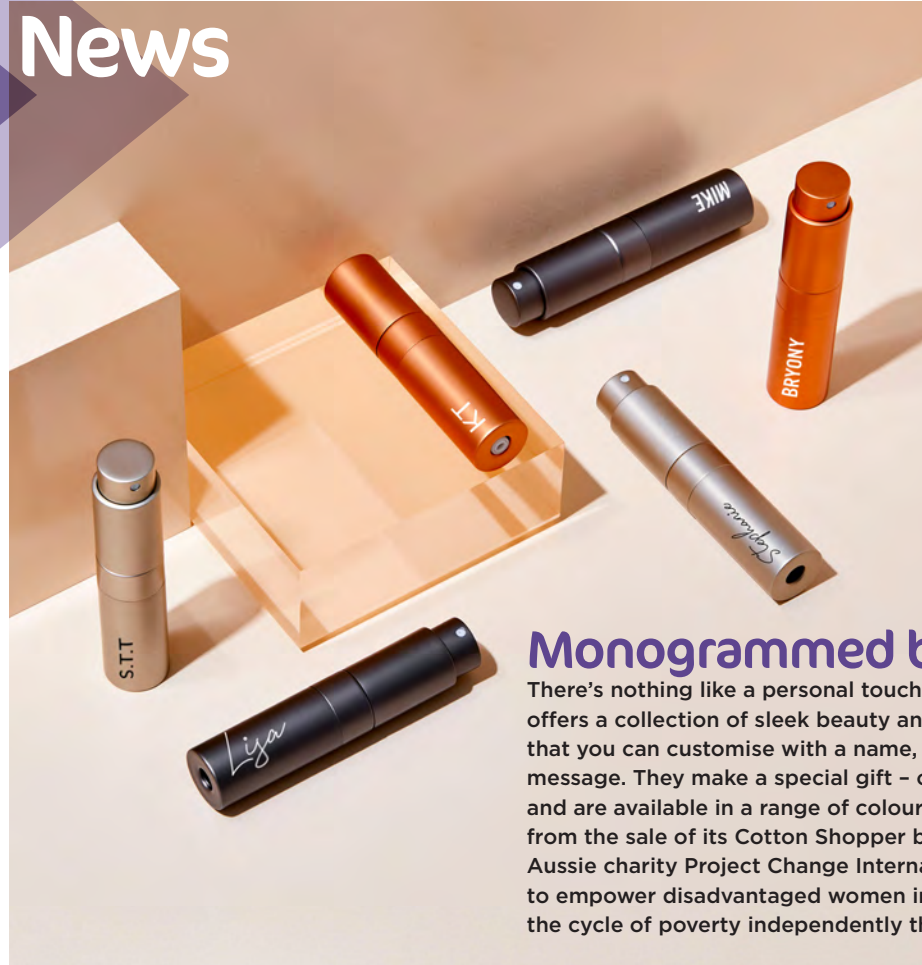
In its continued quest to take over the culinary world, the humble cauliflower is now available in flour form. Yes, that's right, PomPom Paddock has released a flour mix that you can swap into your favourite recipes cup for cup. We whipped up our usual weekend brunch batter and cooked corn fritters in our waffle maker. In a word: delicious. It's gluten-free, too, so it's kind to tummies everywhere.



Starlight swim

The Starlight Children's Foundation Super Swim challenge is on again early next year. It's open to all levels of swimmers – you simply choose the distance you'll be swimming, where you'll do it and then get some sponsors on board. Challenge yourself and set a longer distance because you've actually got all of February to complete it! A little every day is the perfect inspiration to get out in the fresh air and raise funds for a great cause. Register now at superswim.org.au

News



Monogrammed beauty

There's nothing like a personal touch. Beysis (beysis.com) offers a collection of sleek beauty and lifestyle essentials that you can customise with a name, initials or personal message. They make a special gift – or treat yourself! – and are available in a range of colours. Plus all profits from the sale of its Cotton Shopper bag (\$4.80) go to the Aussie charity Project Change International, which aims to empower disadvantaged women in Cambodia to leave the cycle of poverty independently through education.



Dip still life photography: @joshpikeshots Food styling: Melanie Pike



NO GYM FEES!

How does no gym fees for a year sound? You read that right, we're giving you the chance to win your 2020 Fernwood membership for FREE! Turn to p36 for full details, but in a nutshell, all you need to do is snap yourself at your local Fernwood club, upload it to Instagram and tell us how you'll sparkle this festive season. Get in quick, though: entries close 15/12/2019.

SNAPS for snaps

Not all healthy snacks need to be full of dates. Fend off the 3pm slump with these Super Seed Snaps from Soul Seed. Packed full of a range of seeds like hemp, flax, pumpkin, sesame and sunflower, they're gluten-free and high in protein to keep you full all afternoon – and away from the pre-dinner snack plate.



Nourishing guests

We've all been there before: people drop in unexpectedly for a Christmas drink and you've got nothing to serve as a snack, or do you? Raid the freezer and dig out these 100% vegetable purees from Nourishing Bubs – yes, that's right, baby food. In the ultimate food hack, we whipped up this recipe in under 5 minutes and nobody realised what we'd done!

Carrot & cashew dip

In a blender, blitz 6 Nourishing Bubs carrot cubes, 50g cashews, ¼ cup Greek yoghurt, ¼ tsp sumac, ¼ tsp cumin and salt and pepper to taste.

Serve sprinkled with whatever you like – we chose pomegranate arils and fresh parsley.



BOOKSHELF

Looking for an inspiring read or a gift for the book lover in your life? Try these new books!



EFF THIS! MEDITATION

Ahh, meditation. You either love it or you hate it, but no matter how we feel about it, we all know that it's good to find

an outlet to deal with our stress and anxiety. *EFF This! Meditation* doesn't take itself too seriously, covering a serious subject with good humour across 108 different tips and tricks to get you out of your head and back into living life. Murdoch Books, \$24.99

BAKE AUSTRALIA GREAT

This is one for the baking goddesses among us. *Bake Australia Great* by Sydney's queen of cake, Katherine Sabbath, will take you on an edible journey through all things Australiana, with a good nod to Aussie pop culture, too. Let's face it, who wouldn't love to eat an Iced VoVo trifle?! Murdoch Books, \$39.99



MEMORY WISE

Worrying about memory loss as we age is a valid concern. Written by clinical neuropsychologist Dr Anne Unkenstein,

Memory Wise explains how your memory works and what to expect as you grow older. Based on current research, it includes suggestions on how to maintain your brain health and strategies to support your memory in early dementia. Allen & Unwin, \$29.99