

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.



STRAWBERRY SALAD AND ALMOND LOAF

RECIPE

STRAWBERRY SALAD

Place the water, lemon zest and juice, muscovado sugar and pepper in a pot and bring to a boil.

Boil the syrup for 5 minutes, set aside until cool. During this time, wash, hull and slice the strawberries. Pour the cold syrup over the strawberries.

Let macerate for 3 hours in the refrigerator. Sprinkle with the thyme before serving.

ALMOND LOAF

Break the eggs into a bowl, add the unrefined sugar and the beans from the vanilla pod. Mix.

Preheat the oven to 350°F (180°C).

Add the rice flour, yeast, powdered almonds and a pinch of salt to the bowl. Mix.

Incorporate the coconut oil. Mix again until the batter is smooth. Lightly oil a loaf tin and pour the preparation into it.

Bake for 25 minutes. The loaf is done when a knife inserted in the centre comes out clean and dry.

FOR 4 people

PREPARATION 10 minutes

RESTING TIME 3 hours

COOKING 15 minutes

STRAWBERRY SALAD

- 1 lb. 5 oz. (600 g) strawberries
- 14 fl. oz. (40 cl) water
- Juice and zest of 1 lemon
- 5 Tbs. (60 g) muscovado sugar
- 1/2 tsp. red peppercorns
- 1 branch fresh thyme

ALMOND LOAF

- 2 eggs
- 5 Tbs. (60 g) unrefined sugar (muscovado or kurosato sugar)
- 1 vanilla pod
- 5 oz. (150 g) rice flour
- 1/2 tsp. (5 g) gluten-free yeast
- 2 oz. (50 g) powdered almonds
- 1 pinch of salt
- 3 1/2 Tbs. (50 g) coconut oil