



UPCOMING EVENTS

See Moodle for more details

December 2nd – Test Week
December 13th - Graduation

New staff appointments



Karen Mees is now the Clinical Director. Congratulations!

Karen Wesseling will be the Clinic Manager as from Semester 1 next year. Congratulations to you as well!



Mark Hinchey will be our new Academic Director as from December 2nd. Mark is both a Naturopath and a Nutritionist and will be a great addition to the college staff.

College Coffee Cups



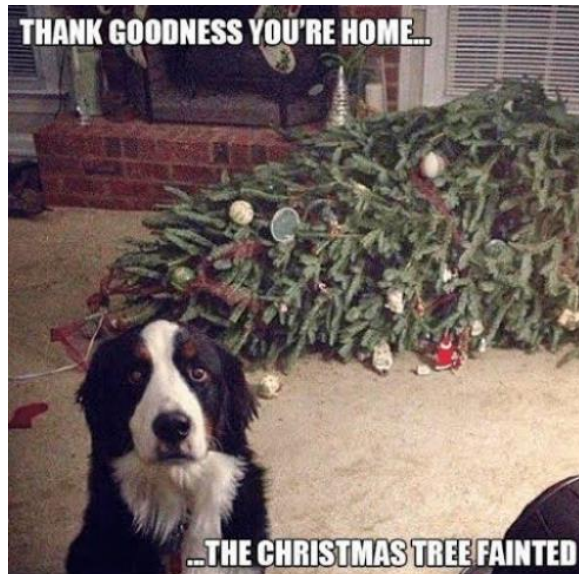
As most of you will have seen, the college has its own reusable coffee cup. If you have not got one yet, please see Catherine at reception.



CHRISTMAS FOOD COLLECTION FOR THE AUCKLAND CITY

The college has provided containers in the reception area for non-perishable food items to be donated. The Auckland City Mission will be picking up the donations on the 11th of December if you would like to donate to this worthy cause. A list of items can be found on their website.

CHRISTMAS FUNNY



DELICIOUSLY ELLA'S CHRISTMAS PUDDING WITH CASHEW CUSTARD



INGREDIENTS:

For the custard: 50g raw cashews, 1 tsp vanilla powder, 2 tbsps maple syrup

For the pudding: 50g dried cranberries, halved; 50g dried apricots, quartered; 50g raisins; 50g sultanas; 75g medjool dates, pitted and chopped; an apple, cored and chopped into 1cm cubes; 1 and a half tbsp milled linseed soaked in 3 tbsp water for 10 minutes; 50g buckwheat flour; 150g almond flour; 100g chopped mixed nuts; zest and juice of 1 small orange; 3 tbsp date syrup; 2 tbsp maple syrup; 2 tbsp coconut sugar; 1 tsp ground ginger; 2 tsp ground cinnamon; 1 tsp ground nutmeg; 1 tsp vanilla powder

METHOD:

Soak the cashews in water for 2-3 hours. Meanwhile, mix together all the pudding ingredients in a bowl. Line a 2-litre glass pudding bowl with baking paper. Spoon in the pudding mix, then place a large circle of baking paper over the top and secure it to the bowl with a piece of string. Put the bowl on an upturned saucer inside a wide pan and fill with boiling water so that it comes halfway up the bowl. Cover with a lid, then simmer for 2 hours. Check the water level every half hour and top up as necessary. Meanwhile, finish the custard. Drain then blend the cashews in a food processor with the vanilla, maple syrup and approx. 70 ml water. Gradually add another 70ml (or more, or less, to your desired thickness). Blend for around 5 minutes until completely smooth. Once the pudding is cooked, turn it onto a plate and let it stand for about 10 minutes. Heat the custard in a pan, then drizzle over the pudding and serve.

The College staff would like to wish you all a safe and happy holiday season.