

FREE\* SLIMMING TEA WORTH £4.99 FOR EVERY READER

\*See inside for details

# Zest

APRIL £3.40  
www.zest.co.uk

**LIFE  
BALANCE**

**4 tests to  
find the  
key**

# TOTAL BODY TONE-UP

**IN TWO WEEKS**

**BETTER  
SKIN BY  
MORNING**  
THE QUICK,  
EXPERT  
SOLUTION

**BLOATED AGAIN?**  
Solve it now and  
stop it forever

**9**  
foods to  
boost your  
immunity

# Cycling special!

**SLIM  
YOUR  
THIGHS  
FAST!**

\* The best bike for your budget \* Stylish helmets  
\* Luxe biking minibreaks \* Locks, bags & bells on test



**Crafty Cook's  
sneaky tip...**

Using a good quantity of unsweetened dried fruit bulks out the scone mix without adding lots of calories.

**FIVE WAYS TO FAKE  
AFTERNOON TEA**

These shop-bought treats could either pass as homemade or are classics with fewer calories – dress them up for instant teatime magic.

**BEST FOR AN ORGANIC OPTION  
Honeyrose Organic Banana and Walnut Loaf Cake, £4.95 for 400g**

Sure to satisfy a sweet tooth, bananas, walnuts and wholegrains give this loaf a fibre and protein hit.



**BEST FOR A FRUIT SLICE FIX  
Weight Watchers' Apple Crumble Slices, £1.35 for six slices**

The thin pastry base is topped with apple purée and an oatly crumble, making these mini cakes a suitable snack at only 90 calories and 2g of fat each.



**BEST FOR TRADITIONAL TASTES  
Sainsbury's Be Good to Yourself Rich Tea Biscuits, 25% Less Fat, 85p for 400g**

You can't go wrong with a rich tea biscuit. We love this 25% less fat option because you can have another if it falls into your brew and still count fewer calories!



**BEST FOR GLUTEN-FREE CAKE  
The Healthy Cake Company Iced Raisin and Carrot Cake, £24.95 for an 8in cake**

This award-winning cake is free from wheat, dairy and gluten yet every bit as moist and delicious as a classic carrot cake.



**BEST FOR DOUBLE DUNKING  
McVitie's Light Milk Chocolate Digestives, £1.35 for 300g**

A sturdy digestive with real milk chocolate, but only half the saturated fat and half the sodium of a standard packet – dunk away!



# Honeyrose organic handbaking

**NEXT MONTH Alison puts a crafty spin on brunch**

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