

summer pop-up

There is a fountain of youth, and it's GREEK! Our guest cook TONIA BUXTON believes the food of her homeland is not only HEALTHY but also ANTI-AGEING



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GREECE IS THE WORD

TV cook and writer Tonia Buxton is the perfect advertisement for her own food philosophy and the health and beauty benefits of eating Greek-style. In her new book, *Tonia* – a mother-of-four based in London – shares her personal nutrition secrets and reveals the many ways Greek food can do us good. As well as 100 recipes, there are specific menu plans for looking and feeling younger; reaching our ideal weight, boosting libido and even getting pregnant. 'Do what the healthy people of the Mediterranean have been doing for centuries,' she says. 'The best of all the Med diets is the Greek!'

Eat Greek for a Week is published by Blink, price £16.99*. Make a date with Tonia's live cookery link-ups from Cyprus on ITV's *Good Morning Britain* for a week from 22 June. Tonia also presents *My Greek Kitchen* and *My Cypriot Kitchen* on the Discovery Channel. More about Tonia at toniabuxton.co.uk; check out her fave ingredients shop at despinafoods.co.uk

GET THE LOOK

'Quite apart from food, I'm always being asked where I find my dresses.

*So here you go:
theprettydresscompany.com
and, for a retro look,
[dovima.com.](http://dovima.com)'*

Baked pitakia with feta, fig and rocket

SERVES 4

4 round wholemeal pitta breads
1 tbsp olive oil
2 red onions finely sliced
4 fresh figs sliced or quartered
100g (3½ oz) feta cheese crumbled
sprigs of fresh thyme
rocket leaves to serve

- ♥ Preheat the oven to 180C/160C fan/gas 4. Place the pittas on a flat baking sheet.
- ♥ Heat the olive oil in a pan, add the onions and cook gently for 5 minutes or until softened and coloured.
- ♥ Top each pitta with some onion. Arrange the figs on top. Sprinkle the feta over the figs and finish with sprigs of fresh thyme.
- ♥ Bake in the oven for 15 minutes or until the feta is tinged golden. Serve hot with a scattering of fresh rocket leaves.

