

## Daily routines to make the most of the lockdown

We are living through extraordinary times. The lockdown has completely changed our daily lives, 180 degrees. At times, this new situation can make us feel anxious. Setting up a solid daily routine can give us focus, security and help us building healthy habits to face each day with excitement.

### MIND

Embrace quiet time, meditate for ten minutes every day and practice the ancient yogic breathing technique known as pranayama, not only is it very simple but just a few minutes every day will revitalize your body and calm your mind. Pick up that book you've been meaning to read for months. Or perhaps turn to music –truly one of life's best medicines– and listen to anything that you love or that relaxes and uplifts you.

### BODY

Whatever you do, try to get some exercise every day, move your body, stretch your muscles and let the energy flow. It could be yoga or just turning up the volume to your favourite playlist and dancing in your home.

### SKILLS

There is no better time than *now* to do the things you have been putting off, to take the plunge, acquire a new skill or rediscover and indulge in old hobbies. Try your hand at gardening; spending time outdoors in your balcony or garden amongst plants can be very therapeutic too.

### HEALTH

Right now, we're all concerned about staying healthy and keeping our immunity at an all-time high. You need look no further than **Spanish olives** because they offer delicious taste and great nutritional value. Table olives (which are consumed as they are and not converted to oil) are packed with Vitamin E, which is a powerful antioxidant, besides being rich in minerals like iron and calcium. Along with their concentration of good fatty acids like oleic acid, **Spanish olives** have been shown to decrease inflammation, heart disease and control cholesterol. These, and many more great inherent properties, make **Spanish olives** –whether green or black– the perfect healthy snack to reach out for during the lockdown.

### SNACKING

It's only natural that during these long periods at home we get idle and the itch to snack on something comes more often than we would want. Spanish olives, which are great on their own, have a firm yet buttery texture that guarantees you'll eat more than a couple at one sitting. They are extremely versatile when paired well with a range of condiments. **Spanish olives** love herbs, Indian spices and being soaked in dressings made up of olive oil and/or something more acidic like citrus juice or vinegar. They can be marinated (in an endless list of combinations) to suit each palate.

From classics like oregano and basil to chilli and turmeric, mint and garlic: there isn't a thing in the kitchen that doesn't blend with **Spanish olives**, making them more delicious to bite into.

Take this time to get into your kitchen more often, be creative, learn and explore the infinite possibilities of snacking on **Spanish olives**. It is simple, quick, beginner-friendly and healthy! Two delicious recipes to get you started, here you go:

#### **Marinated Spanish Queen Olives with citrus**

**Ingredients:** Spanish Queen Olives, Grapefruit (or sweet lime), Orange, Tangerine and Coriander leaves

**Method:** Zest the citrus with a peeler and make fine strips out of them, keep them aside for final decoration. Juice up the grapefruit (or the sweet lime), the orange and the tangerine in a bowl and mix it with the Spanish queen olives. Add the coriander leaves and stir well. Add the citrus zest on the top and refrigerate for 15 min. They are ready to snack on! Easy right?



#### **Marinated Spanish Black olives with basil and onion**

**Ingredients:** Spanish black olives, fresh basil, extra virgin olive oil (EVOO), onion (raw or pickled), sweet paprika (or chilli) powder, vinegar and salt to taste

**Method:** Finely chop the onion and the leaves of fresh basil (without the stem). Place them in a bowl or a plate, add the Spanish black olives, EVOO, sweet paprika or chilli powder and the pickled onion. Stir well and refrigerate for 15 min. They are ready to snack on! Easy right?



Remember that this too shall pass. For now, pop a **Spanish olive** in your mouth and let its juicy, rich taste and velvety texture bring you joy and satisfaction, health and comfort.

**For more recipes and ideas, stay tuned @OlivesfromSpainIndia and on our website [www.olivesfromspain.in](http://www.olivesfromspain.in)**

