



Anna's Naked Kitchen



I was recently told about Nude Cooking Day which falls on 1 Sept annually which I thought sounded like a wonderful initiative. People are used to being naked in their bathroom and bedroom, but being naked in the kitchen would be a new experience for many. Discovering the sensation of being nude in a new space, and becoming more aware of yourself and your body as you're preparing food - also makes you aware of what you're putting into that food and that body.

As I'm battling terminal cancer right now, I can't help but wonder how all the unknown things in prepared foods - preservatives, colourants, thickeners, sweeteners etc., - what kind of long-term effects they might be having on our bodies. And perhaps we need to move to nude food - more raw ingredients from the Earth, preparing our own food; rather than just buying prepared meals which might contain all sorts of things that we aren't aware of. Another benefit of this is less packaging - meaning less waste, which is better for the planet too.

New Zealand is a country of contradictions. Farming is our biggest sector. Food is our biggest export. We have - what is widely considered - the best dairy products in the world. Our beef and lamb, is arguably the best you can find anywhere. We produce these amazing fruit and vegetables. We have some of the highest standards of farming globally. We're an island in the middle of the ocean surrounded by all these gorgeous edible fish. We should be one of the healthiest counties in the world. But we are consistently ranked as one of the worse. Obesity top 10 world global index. As is diabetes and heart disease. We seem to be addicted to fast food. Food and drinks high in sugar and fat seem to be our go to place.

Nude cooking of nude food might be the revolution this country needs right now.

You can read more about nude cooking day here: <https://www.gonakednz.com/nudecooking>. For more information about naturism (nudism) in general, the New Zealand Naturist Federation has great website <https://gonatural.co.nz/>

In this document I'll be sharing some ideas for drinks. I used to make my own mead - from my own honey which I got from my bee-keeping hobby. But here I will be focusing on non-alcoholic drinks.



Honey Smoothies

Bees are amazing creatures, perhaps the most important creature on Earth. Not only do they pollinate a wide variety of plants and flowers - they also give us one of the purest, most nutritious types of foods in existence - honey. And in New Zealand (or shall we say, Nude Zealand) we have the highest quality honey anywhere in the world - Manuka Honey. As I mentioned I used to do bee keeping and I recommend this as a hobby to more people because we need to encourage and support bee populations. Where possible, replace sugar with honey. Instead of adding sugar to your tea, why not add a teaspoon of Manuka honey instead.

Creamy Honey Banana Smoothie

- 1 big banana (frozen for texture or fresh for flavour)
- Cup of milk (250 ml)
- Honey to taste (2-3 teaspoons)
- Handful of ice cubes

Chuck in blender

Honey Berry Smoothie

- Half a cup of mixed berries e.g. strawberry, blueberry, raspberry
- Cup of apple juice (250ml)
- 2 teaspoons honey
- Handful of ice cubes

Chuck in blender

Mango Honey Smoothie

- 1 Mango - peeled and cubed
- Cup of milk (250 ml)
- 2 teaspoons honey
- Handful of ice cubes

Chuck in blender

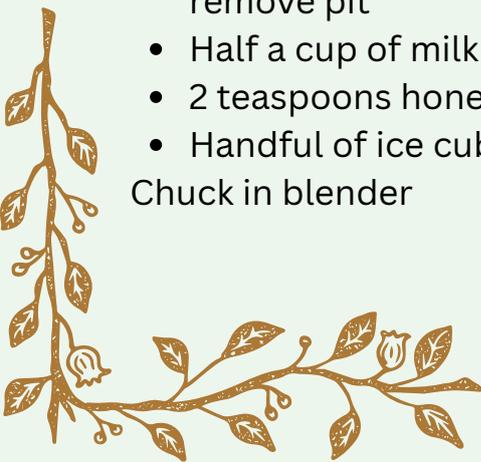
Avocado Honey Smoothie

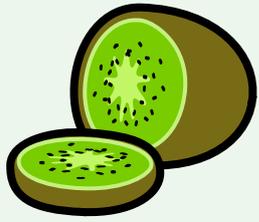
- 1 Avocado - slice in half, remove pit
- Half a cup of milk (125 ml)
- 2 teaspoons honey
- Handful of ice cubes

Chuck in blender



3 Honeys! Alana, Alice and Anna (AAA team!) at Rotota. One of the many amazing naturist clubs around the country





Kiwifruit Smoothies

Apart from Manuka honey, us Kiwi's are also blessed with an abundance of the world's finest kiwifruit, which is one of the most versatile and healthiest fruits around: More Vitamin C than oranges; Rich in antioxidants; Lowers cholesterol and reduces risk of heart disease; High in fiber, great for bowel health; Has been linked to better skin health - appearance and elasticity (which is why you find it in some creams)

Banana and Kiwifruit smoothie

great source of quick energy!

- 1 big banana
- 2 kiwifruit
- 1 teaspoon honey
- ½ cup of plain yogurt (greek)
- ½ cup of milk
- Some ice cubes

Chuck in blender

Strawberry kiwifruit smoothie

- 1 big banana
- ½ cup strawberries
- ½ cup of plain yogurt (greek)
- ½ cup of milk
- Few spinach leaves (optional)
- 2 kiwifruit

Chuck in blender

Xmas Smoothies

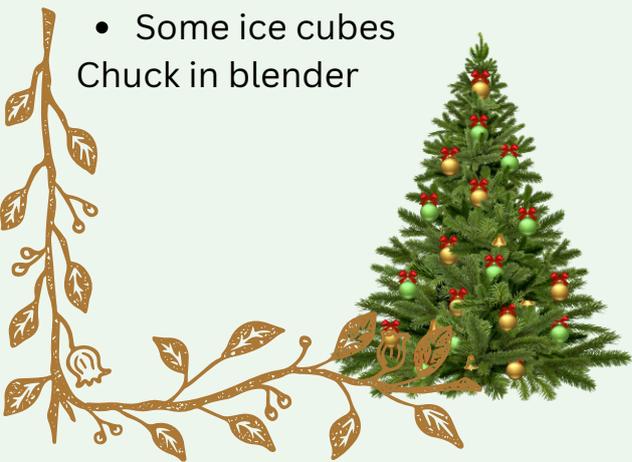
Cranberry Christmas Smoothie

- 1 banana
- 1 orange
- 1 glass milk
- 1 small cup frozen cranberries
- Touch of fresh ginger
- 1 date
- Some ice cubes

Chuck in blender



Santa Clause visits Auckland Outdoor Naturist Club



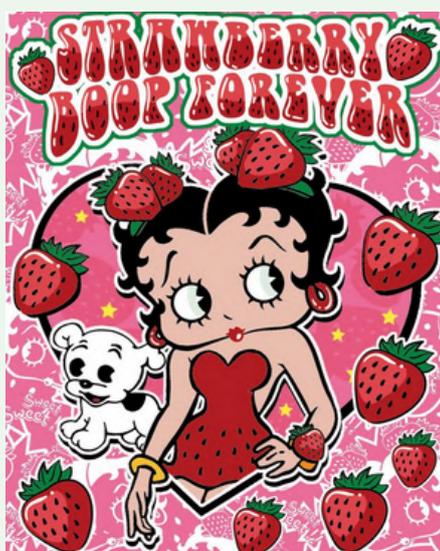
Betty Boop Strawberry Milkshake

Whip cream, strawberries and boobs are a great combination. Not referring to the bedroom - but rather the classic Betty Boop Strawberry Milkshakes that were popular in American diners in the 50s. Authentic Betty Boop milkshakes are made with only real ingredients - real fruit and ice cream. The strawberry flavour is traditionally served with whipcream and a strawberry on the top. They are hard to find these days, but the “Classics Museum” in Hamilton has a 50s style diner at the front, and if you look on the menu the milkshakes are identified as “Betty Boop Shakes”. With all that healthy talk of smoothies, I think we can allow ourselves a good old fashioned milkshake too. There is a secret to making a strawberry milkshake - you have to add a banana and teaspoon of honey.



- 8 frozen ripe strawberries.
- ½ banana.
- 1 teaspoon honey
- Cup vanilla ice cream
- ½ cup of milk

Chuck in blender
Put some whipcream and strawberry on the top (for presentation)



I hear the milkshakes at Auckland Outdoor Naturist club are quite good. I haven't had the opportunity to try them yet!

Anna's Naked Kitchen Desserts



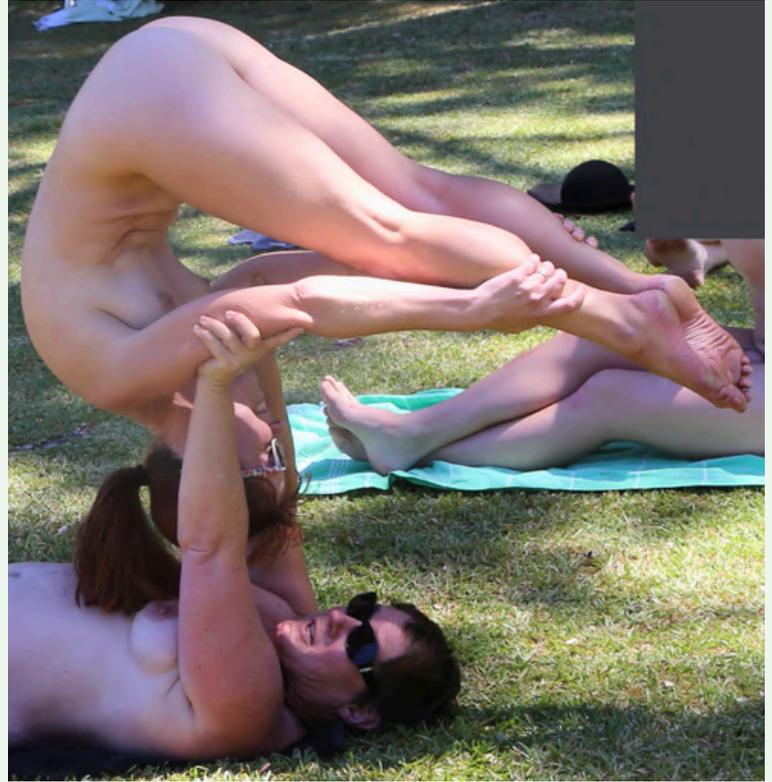
Joke to the right: “Sorry dear, I’m lactose intolerant!”



There were some more sexualised versions of Betty Boop around in the 60s-70s, but they failed to survive the passage of time

More nude activities

Apart from cooking nude, there are other great nude activities to explore, such as nude gardening (<https://www.gonakednz.com/>), nude acrobatics and topless belly dancing. These are all great way to connect with yourself, and other people. Here are some photos of my daughter Eloise and myself teaching belly dancing at Auckland Outdoor Naturist Club, and Alice and myself doing acrobatics.



*With Love,
Anna*