

## Gordon Ramsay's Future Food Stars: Where to buy the contestant's products

Bola Adegbenro - Jitterbug: [Jitterbug.life](https://www.jitterbug.life)



## Bola Obileye

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Bola Adegbenro is a health coach hailing from Hertfordshire. In 2016, after a recent health scare, she decided to ditch sugary soft drinks, instead blending her own alternatives at home. What she concocted was an apple cider vinegar seltzer. And in 2019, Jitterbug was born.

This premium seltzer soft drink brand merges real fruit juice with apple cider vinegar, and the website says that there's no sugar, no artificial sweeteners, no artificial flavourings and "no nasties". The drinks are sold in packs of 5 or 12, and there are three different flavours on offer: orange jive apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)); lemonade swing apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)); or berry hop sparkling apple cider vinegar seltzer (from £14.40, [Jitterbug.life](https://www.jitterbug.life)). You can also buy the cans on their own from Holland & Barrett (£2.29, [Hollandandbarrett.com](https://www.hollandandbarrett.com)).

# FREE METRO

**HOME**

**LOOKING GREEN**  
 Green is a beautiful and versatile color for your home. From a fresh green to a deep forest green, there are many shades to choose from. Green is also a color that is easy on the eyes and can help to reduce stress. Find out more about the benefits of green in your home.

**GETTING DRINKING (IN)**  
 There's nothing better than a cold drink on a hot day. Whether you prefer a classic soft drink or a refreshing iced tea, there are many options to choose from. Find out more about the latest trends in the world of beverages.

**MILKING IT**  
 Milk is a versatile and nutritious beverage that can be used in a variety of ways. From coffee to smoothies, there are many ways to enjoy this essential ingredient. Find out more about the benefits of milk and how to use it in your kitchen.

**SHACK ATTACK**  
 There's nothing more refreshing than a cold drink on a hot day. Whether you prefer a classic soft drink or a refreshing iced tea, there are many options to choose from. Find out more about the latest trends in the world of beverages.

**AYRTON**  
 Replacing beautiful timber windows & doors, beautifully.

**SOFFY**  
 Soffy is a versatile and nutritious beverage that can be used in a variety of ways. From coffee to smoothies, there are many ways to enjoy this essential ingredient. Find out more about the benefits of soffy and how to use it in your kitchen.

**CELEBRATES VEGANISM WITH VITRULOUS HOMEWARE, FOOD AND DRINK.**

**BARRED LUNCH**  
 There's nothing better than a cold drink on a hot day. Whether you prefer a classic soft drink or a refreshing iced tea, there are many options to choose from. Find out more about the latest trends in the world of beverages.

**SET THE BAR**  
 There's nothing better than a cold drink on a hot day. Whether you prefer a classic soft drink or a refreshing iced tea, there are many options to choose from. Find out more about the latest trends in the world of beverages.

**WEEK OUT**  
 There's nothing better than a cold drink on a hot day. Whether you prefer a classic soft drink or a refreshing iced tea, there are many options to choose from. Find out more about the latest trends in the world of beverages.

**The HOT List**

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# TOP Santé

GOOD HEALTH STARTS HERE

180°

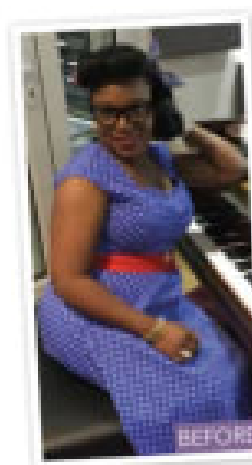
## I've gone from DRAB TO FAB!

Mollie Obileye, 45, from London, credits the ketogenic diet and being more active for helping her lose almost four stone.

**I DIDN'T ALLOW** myself to admit I was getting fatter. I just thought I didn't have a problem, even though they are just a little more to my confidence, because I didn't think it was something I was capable of achieving. For my body had other ideas. It started to reject the junk food and fatty drinks I had become dependent on. It then started coughing and choking and whatever I'd put consumed came back up or I'd vomit and splashed out of my nose! And when we talked and because it didn't hurt, but it became difficult

being unable to sleep had started pointing to something seriously wrong. I was convinced I had cancer and was going to die. In February 2016, I had an endoscopy and while I waited for results, a bit of me broke. Not only my body and I'd been sitting for 16 years. I had taken my health for granted and realised that I would do better to myself. I decided I would fix my life.

Obviously, the endoscopy came back clear, but I was diagnosed with Stage B Barrett's, which is when the upper part of your stomach pushes into the chest due to a weakness in the



lifestyle changes as obesity was a causal factor. I had never felt more motivated.

A friend suggested I try the ketogenic diet, so as I came to work, the diet is mainly proteins and low carb vegetables but cuts out processed sugar and alcohol. The Nigerian herbs and a lot of the food are easy to cook at home, but the ketogenic diet helped me discover food outside my comfort zone. It helped me learn about combining ingredients in sustainable, healthy and healthy ways. In four months, I went from 21st (20st to the 16st). I realised the way I used to eat was able to put me back in a period of time – it was the wrong fuel and so wonder I follow today.

**A NEW CAREER IN FOOD** I became so excited about nutrition that I decided to study at The Health Science Academy and became an Advanced Clinical Weight Loss Practitioner. They were very busy for the College of Management Studies, where I qualified as a health coach and dietitian. In the years since then, I've experienced a healthy weight thanks to having a deeper understanding of nutrition.

With a spring in my step, many friends asked for my secret and I started everyone to feel how I felt so I split my job as an IT consultant and started The Skinny Cook ([www.theskinnycook.com](http://www.theskinnycook.com)) selling 100 per cent natural, convenient, healthy, healthy value meals made with focused and consistent focus and application.

"I used to berate myself but now I'm kind to myself and have space to focus on the things I want to achieve."

### MOLLIE'S STATS

Height: 5ft 2ins  
 Weight before: 13st 2lbs, size 18-20  
 Weight now: 10st 10lb, size 10

#### OLD DIET

**Breakfast:** White bread toaster sandwich, chocolate bar, coffee and coffee.  
**Lunch:** White rice with chicken and vegetables, another coffee.  
**Dinner:** Beef, paprika and rice.  
**Snacks:** Several chocolate bars and flapjacks throughout the day.

#### NEW DIET

**Breakfast:** Omelette (yolk pushed to around 100g), with berries.  
**Lunch:** Low carb meatballs, salad with cheese.  
**Dinner:** Meat salad with apple cider vinegar.  
**Snack:** Protein balls.

Current Keto recipe Monday, Feb 10 to 12 Feb Friday, March 10th to 12th. Recipe and more.



stronger food drinks. I know that as a woman where my kids were born from school asking for that breakfast when I take my ordinary vitamins and those things when.

There days I have a new found friend, and I used to berate myself but now I am kind to myself. Now that I don't do all this stuff, my energy about how to feel myself from now, I have space to focus on the things I want to achieve. I've always loved to sing and dance but used to be too shy. Now, I sing in a gospel choir and every day in a gospel choir and every day in a gospel choir.

I walk every where, too. Sometimes, it's a challenge, power walk. Other times, I go to walk when I can't walk. I've had a lot of things happen to us, but I think they happen for us. My health was the most beautiful thing that could have happened because it brought a whirlwind of positive change and helped me discover who I'm capable of.



# Will women-led start-ups power the UK's post-Covid recovery?



Mollie Obileye, co-founder of **Jitterbug** drinks, which makes sparkling apple cider vinegar seltzers, told *Speciality Food* she was “driven by passion to fill the world with food goodness following a health scare”.

Over a third of women are considering supplementing their income through a 'side hustle', while 14% are reconsidering their current job as a result of the pandemic.

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## Will women-led start-ups power the UK's post-Covid recovery?



Almost a fifth of women are currently considering starting their own business in what [Small Business Britain](#) says signals a potential wave of new female-led start-ups.

Two-fifths of women (42%) said they were motivated to think about starting a business out of a passion, according to the research, commissioned to mark [International Women's Day](#) on 8th March. Passion is a common driver cited by women in the food and drink sector. Mollie Obileye, co-founder of [Jitterbug](#) drinks, which makes sparkling apple cider vinegar seltzers, told *Speciality Food* she was "driven by passion to fill the world with food goodness following a health scare".

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## SPOTLIGHT ON: START-UPS

Recent research has revealed that more women and young people will be starting new businesses post-pandemic, and the food and drink industry is likely to be a major area of interest.

### Women will power the UK's post-Covid recovery



The research shows that women are thinking about starting businesses because they want to be their own boss and have control over their own destiny. It also shows that women are more likely to start a business if they are motivated by passion and if they have a clear idea of what they want to do. The research also shows that women are more likely to start a business if they have a support network and if they have a clear idea of what they want to do.

### Meet three female founders...

**MOLLIE OBILEYE, CO-FOUNDER, JITTERBUG**  
 I was not prepared for how busy a coffee shop for women, creating this new industry and a community space. I really enjoyed that there were no men to go to, even though there were lots of women and businesses of women. I was in there and then I realised that I had to go back to work. I was in there and then I realised that I had to go back to work. I was in there and then I realised that I had to go back to work.

**EMMA BROWN, FOUNDER, BROWN BREAD**  
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### 3 WAYS START-UPS ARE TRANSFORMING THE FOOD SECTOR'S SHARED FUTURE

- 1 THEY'RE READY FOR THE 'NEW NORMAL'**  
 Covid-19 has accelerated the digitalisation of the food sector. "We've seen a lot of start-ups that have been successful in the past few years, but they're not ready for the 'new normal'." says Emma Brown, founder of Brown Bread. A company that focused on online delivery during the pandemic, and now has a physical store, Brown Bread is a good example of a start-up that is ready for the 'new normal'.
- 2 THEY'VE GAINED CONFIDENCE**  
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### Gen Z is behind a boom in new food start-ups

Young people love food. They're also starting their own businesses. In fact, according to a new report, Gen Z is behind a boom in new food start-ups. The report shows that Gen Z is more likely to start a business than any other generation. This is because Gen Z is more likely to be motivated by passion and to have a clear idea of what they want to do. The report also shows that Gen Z is more likely to have a support network and to have a clear idea of what they want to do.

# Black beauty & hair

for women who want to look amazing

## 214 LATEST LOOKS

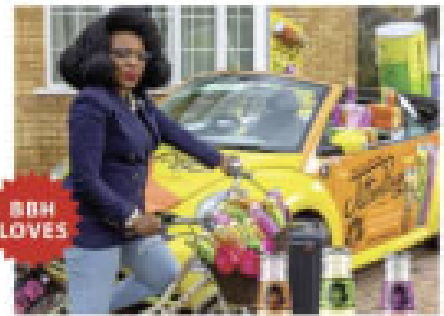
**STRICTLY SPEAKING**  
AJ Odudo is in a good place

**MATCH MAKER**  
Emolyne Cosmetics – lips & nails brand

**SPRING GREENS**  
Eco-friendly beauty brands

**FOREVER YOURS**  
Bridal Supplement

# Inspirational styles for the season



**Pure Pop**  
Apple cider vinegar has 101 health benefits: from anti-cancer effects and lowering cholesterol to aiding digestion and warding off colds – but perhaps most famously, beyond glugged gallons of the stuff to help her drop a dress size in the run-up to filming *Orange Is the New Black*, Mirey ACV is taking center stage in a stylish range of soft drinks from Mark-founded company Stratus (\$2.99 each). They are 100 per cent natural and blended with English botanicals and exotic superfoods to make a health drink that is as easy on our taste buds as it is on our health. We think so that.



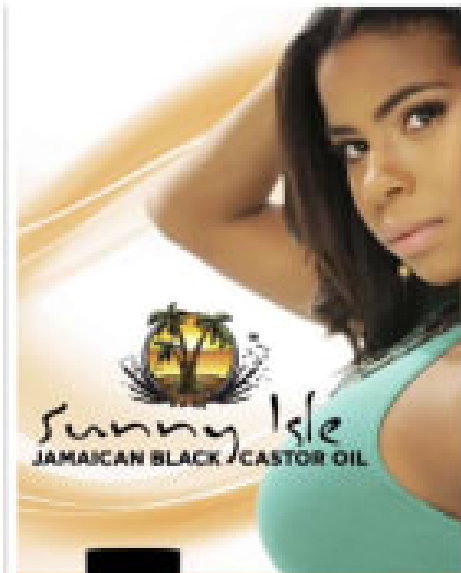
**Pearly Pills**  
We're pimping up our grins with Whitening Toothpaste Tablets (\$7.99) from our brand folks. A plastic-free alternative to traditional paste, these tooth-based tablets are flavored with natural peppermint and try to gently whiten teeth, remove plaque and freshen breath. Now that's something to smile about.



**Inside Out**  
Science can often be misleading in black skin – get research suggests melanin-rich tones are more likely to suffer from the condition. Want to ditch the itch? Pellamox – a new ingested supplement – has got the health world abuzz thanks to its boost of Magnesium production. This is a key enzyme acid found to strengthen and restore a healthy barrier function in the skin from the inside out, science beds found a 48 per cent improvement in



Health



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**Longer Thicker Hair**  
**Soothes the Scalp**  
**Dry Itchy Scalp**  
**Fights Dandruff**  
**Eczema**  
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**Aches & Pains**  
**Moisturizing Skin**

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**OUR STORY**  
Sunny Isle Jamaican Black Castor Oil starts as locally and the oil extracted by farmers in

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# Black beauty

& hair



BBH  
LOVES

## Pure Pop

Apple cider vinegar has 101 health benefits; from anti-diabetic effects and lowering cholesterol to aiding digestion



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