



Does Easter make you a Chocoholic?

See page 2 for Facts about Chocolate so that you can eat guilt free!



Student Lettings Agency offers...

Hazel of St Martins Close won our Valentine's Day face book offer so was £25.00 richer courtesy of SLA.

JOKE...

An old man and a young man worked in office next to each other. The young man noticed that the older man always had a jar of peanuts on his desk. The young man loved peanuts. One day while the older man was away from his desk, the young man couldn't resist and went to the old man's jar and ate over half the peanuts. When the old man returned, the young man felt guilty and confessed to taking the peanuts. The old man responded, "That's ok. Since I lost my teeth all I can do is lick the chocolate off the M&Ms."

Easter recipes for

YOU... Jamie Oliver's

Lovely roast

Lamb, (Which is on special

offer at the moment at

Sainsburys) Great if you all chip



Have you become a student lettings facebook fan yet? Give other students ideas on what they can do for cheap Easter gifts on our home page and you could win Easter eggs for your whole house! mmm

You will need

- Fresh whole leg of lamb
- 1 kg pack baby new potatoes
- 2 lemons
- Garlic
- 20g pack fresh rosemary
- Veg of your choice

Method

1. Preheat the oven to 240°C, fan 220°C, gas 9.
2. Par-boil a pack of baby new potatoes then place them in a roasting tray. Cut 2 lemons in half and add them to the roasting tray.
3. Make small incisions along the top of the leg of lamb and insert pieces of garlic, peeled and sliced, and small sprigs of rosemary, then place on top of the potatoes and lemons in the roasting tray. Drizzle olive oil over and season with a good pinch of salt and freshly ground black pepper.
4. Reduce the oven temperature to 200°C, fan 180°C, gas 6 and roast for 45 minutes per kg for rare meat. Once cooked, allow the lamb to rest, then squeeze the lemons over the lamb and potatoes. Carve, then serve with the delicious zesty resting juices and some redcurrant jelly

Going home for Easter make sure the heating is down and house secure with all windows & doors locked. Don't forget to take your rubbish to the tip or you might have some clearing up to do on your return as furry friends may have indulged in your rubbish!

Treat yourself...Chocolate nut fridge cake

You will need

175g mixture whole hazelnuts, Brazil nuts or almonds *You will need*

2 x 200g packs luxury Belgium plain or Easter egg chocolate!, broken into pieces

175g unsalted butter

125g digestive biscuits, chopped into small pieces

Method

1. Line a 18cm square shallow baking tin with baking parchment. Gently melt the chocolate and butter in a

heatproof bowl over a pan of simmering water.

2. Remove from the heat. Stir in the biscuits and nuts.
3. Turn into the prepared tin and spread out.
4. Leave the tin in the refrigerator for at least 4 hours or overnight until hard. Remove from the tin and cut into small fingers.



So Easy let me know how you get on...

Spare rooms: UKC & Christchurch from as low as £77.00pw including utilities!

£25.00 for referring a friend, have you done that yet?

Check out our website for the rooms currently available, you could help a friend out and yourself too!

Do you know anyone that would like to live a minute away from **Christchurch Uni** two girls already have their eye on two rooms which leaves just two more... www.stla.co.uk 4bed at Edenbridge house

UKC end of town we have one room on Bramshaw Road 7 mins walk from Uni to share with 3 boys.

Another group of three boys in Wincheap need one more housemate. The rent is our lowest at £77.00pw including bills!



Yum...

Facts for Chocoholics

Think of the best antioxidants you've ever heard of. Red wine? Green tea? Pomegranate? Blueberries? Dark chocolate leaves them all in the dust.

Antioxidant-rich diets have been linked to a lowered risk of heart attacks, stroke, cardiovascular disease, cancer, high blood pressure, cholesterol problems, arthritis, asthma, Alzheimer's and more. So it stands to reason that if chocolate is chock full of

antioxidants, it's actually good for you.

The bottom line is that indulging in a small amount of dark chocolate might be the perfect dessert - satisfying your sweet tooth while treating your body to the many health benefits of chocolate. So next time you're craving dessert, reach for the dark chocolate, and hold the guilt.

"A little of what you fancy does you good!"

not sure who said that but I agree!