

The nutrient of the month

Iron, the energy carrier

Iron is a very important nutrient that helps move more oxygen around the body, keeping you alert and active. Low iron = low energy. You'll find iron in red meat, spinach, legumes, whole grains and also fortified cereals.

The fun fact of the month

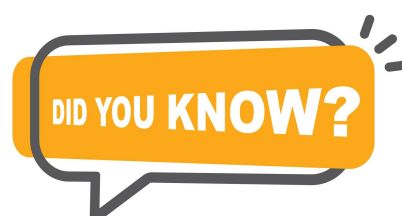
Mood Food: Can You Eat Happiness?

What we eat can genuinely affect how we feel.

Nutrients like tryptophan (found in turkey, nuts, and seeds), magnesium, and omega-3 fats all play roles in producing neurotransmitters like serotonin, your brain "happy chemical." Gut health also affects mood, with 90% of serotonin produced in the gut.

Whole foods, rich in fibre, healthy fats and protein, support stable energy and emotional resilience.

Eating for your mood is about nourishing both body and brain.



The recipe of the month

Raw oat and chocolate bars

INGREDIENTS:

190 g wholegrain oats
40 g raw cocoa powder
125ml nut butter or sunflower seeds butter
110 g ground coconut
170ml honey
30 g sunflower seeds
30 g pumpkin seeds
2 tablespoons vanilla extract



METHOD:

Line one or multiple 20 cm (8 in) square baking pan with parchment paper, according to number of servings.
In a large bowl, mix all the ingredients.
Place mixture into prepared baking pan.
Press the mixture so it is compact.
Put in the refrigerator for at least 30 min, so the mixture can solidify.
Cut each square into 12 bars then serve (they can also be shaped in balls).

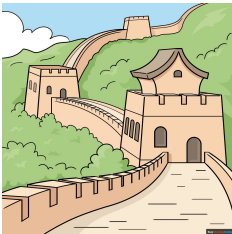
What's in season?

Fruit: Rhubarb

Rhubarb is a unique, tart, pink-stalked vegetable often used like fruit in pies and crumbles. It grows in cool climates, is one of the first spring harvests, and is sometimes grown in the dark for a sweeter, more tender taste.

Did you know?

Rhubarb was first imported from China as a medicinal plant!

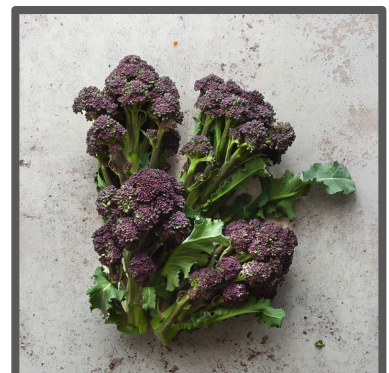


Vegetable: Purple sprouted broccoli

Purple sprouting broccoli is a super-healthy, purple-colored winter veggie that tastes sweeter and milder than green broccoli. Packed with vitamins A and C to keep you healthy, its tender stalks, florets, and leaves are all edible. It grows in cool weather.

Did you know?

Broccoli was first grown in ancient Roman times!



What's in season?

Why eat fruits vegetables in season?

Seasonal foods are fruits and vegetables that grow naturally at certain times of the year. They often taste better because they are picked when they are ripe and fresh.

When we choose foods grown locally or in season, they don't have to travel far to reach us. This helps the planet by using less fuel and causing less pollution. It also supports farmers in our country.

Eating seasonal, local food is good for our health, our planet, and our local farms!