

The nutrient of the month

Potassium, the hydration helper

Potassium keeps muscles working and helps regulate fluid balance, perfect for staying hydrated and energised. Bananas, potatoes, dates and beans are all great sources. Potassium can also help you score more goals for your team!

The fun fact of the month

Eating Together: More Than a Meal

In our busy lives, mealtimes can feel rushed or skipped but sharing meals matters. Family meals are linked to healthier lifestyles, stronger relationships and better mental health for children and adults alike. Children who eat with their families tend to eat more fruits and vegetables and are less likely to struggle with emotions. Eating together is also a chance to model nutritious eating habits, encourage conversation, and take a break from screens. Even if it's just one or two meals a week, make the time count, it's nourishment for the body and soul.

DID YOU KNOW?

The recipe of the month

Egg & veggie muffins (Spinach, Peppers, Feta)

INGREDIENTS:

Makes 5 muffins

225g self raising flour
50g spinach leaves
100g feta cheese crumbled
175ml semi skimmed milk
55ml virgin olive oil
100g cherry tomatoes
100g red pepper diced and roasted
1 egg
A pinch of sea salt



METHOD:

Preheat the oven to 200°C. In a bowl combine the flour, chopped spinach, feta, roasted peppers and salt.

In a separate bowl whisk together the milk, egg and olive oil.

Add the wet ingredients to the dry ingredients & mix well.

Divide the mixture equally into muffin cases.

Prick each cherry tomato and press into the muffins so it is fully covered by the mix.

Cook for approx. 40 minutes until golden brown or until a sharp knife inserted comes out clean