

The nutrient of the month

Fibre, the gut's best friend

Fibre keeps our digestion happy and our energy levels steady. It helps us stay full and supports a healthy gut. Wholegrains, fruits, vegetables, legumes and seeds are packed with fibre. Let's cheer for fibre, it keeps things moving!

The fun fact of the month

What Happens In Your Body When You Smell Food?

Have you ever felt hungry just from smelling toast or fresh herbs? That's not just your imagination, it's science. The moment we smell food, our body begins preparing to digest it. This process is called the cephalic phase of digestion, where the brain sends signals to produce saliva, gastric acid, and insulin. This anticipatory response primes our system to absorb nutrients more effectively. Smelling food mindfully — and taking time to enjoy its aroma before eating — can actually support better digestion. It's a compelling reason to slow down at mealtimes, appreciate your food, and reconnect with your senses.

DID YOU KNOW?

The recipe of the month

Toasted pita bread with hummus & grated carrot

INGREDIENTS:

Makes 10

Pitta

500g plain flour
2g sea salt
175ml warm water
10ml olive oil

Hummus

800g chickpeas drained
200ml olive oil
10g ground cumin
10g garlic puree
200g carrots grated



METHOD:

For the pitta, mix all the ingredients then roll out into 10 pitta shaped discs and cook on both sides in a hot pan until golden.

For the hummus, drain the chickpeas and rinse. Combine the chickpeas, olive oil, cumin, garlic and water in a food processor and blend into a creamy puree.

Serve the warmed pita with a dollop of fresh hummus and a handful of grated carrot