

The nutrient of the month

Protein, the building block

Protein helps build and repair muscles, skin and even your hair and nails! It's essential for growth and keeping your body strong. Find it in chicken, fish, eggs, lentil, beans, tofu and yoghurt and so much more. Start your day with a protein boost to stay fuller for longer and power through school!

The fun fact of the month

Your Gut is Smarter Than You Think

The gut is often called the "second brain" and for good reason. Trillions of bacteria, known as the gut microbiome, live in your digestive system and have a profound impact on your physical and mental health. These microbes help digest food, produce vitamins, regulate the immune system, and even influence mood through the gut-brain axis. An imbalance in gut bacteria has been linked to issues like anxiety, poor immunity and digestive problems. Supporting your microbiome is simpler than it sounds: eat a diverse, fibre-rich diet including fruits, vegetables, legumes, and fermented foods like yogurt or kefir. Healthy gut, healthier you.



DID YOU KNOW?

The recipe of the month

Avocado & boiled egg bagel with rocket

INGREDIENTS

For the bagels (makes 5):

260g bread flour (white spelt)
32g whole wheat or rye
15g granulated sugar
½ tbsp salt
12g baking powder
375g Skyr Yoghurt or 0% fat Greek yoghurt

For the top:

Egg wash
Mixed seeds
Sesame seeds
Grated cheese

For the topping (makes 5)

5 boiled eggs, shelled and sliced
2 ½ avocado, peeled and sliced
20g rocket

Method:

In a medium bowl, add flour, sugar, and baking powder. Whisk together and make a well in the centre, add yoghurt in the middle and knead in the bowl until combined well, 1-2 minutes.

Turn the dough onto a very lightly flour work surface, and then using your hands, continue to knead for another 2 minutes.

Divide the dough into 5-6 equal pieces. Roll each piece of dough into a log and then shape into bagels. Place them on parchment paper, leaving space between them. Cover with plastic wrap and let rest for 20 minutes.

Preheat the oven at 200 degrees, brush the bagels with egg wash and sprinkle the top with either seeds or cheese, Bake for 18-20 minutes or until golden.

Let them cool down on a cooling rack

Place the avocado slices over the bottom half of the cut bagel, top with the sliced egg then top with the rocket before replacing the lid of the bagel.

