

Green but not mean

Aviva Wellbeing



Hey Joe,

Eating healthily doesn't have to be boring, bland or bothersome. These tantalising recipes prove it.

You could start your day with mouthwatering almond crepes with warm berries, then entertain guests in the evening the Valencian way with a vegan paella. It's a taste explosion with tomatoes, courgettes, mushrooms, artichokes and plenty more.

Salud!



Warming but storming crepes

Who said treats have to be unhealthy? These crepes are low in carbs but also splendidly sweet thanks to maple syrup and berries.

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It's a wrap! With heavenly hummus

Combine beetroot and hummus for a sharper taste, then add avocado, red onion, pine nuts and more for a brilliant lunchtime treat.

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Scrumptious sweet potato soup

Combining flavours like coconut, sweet potato and turmeric, this soup is a treat for your tastebuds.

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Palatable paella & flavourful vegetables

Packed with nutrients and an easy way to hit your 5-a-day, this tasty dish has 7 different vegetables!

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