

Nutrition Snippet

WINTER WARMING SOUPS.



Soups are a great way to eat more veg!

Try these winter warmers:

- Red lentil soup - 3 serves of veg in each bowl
- Vegie pasta soup - 2.5 serves of veg in each bowl

For these recipes and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box