

Nutrition Snippet

LOVELY LEGUMES.

Legumes (chickpeas, beans and lentils) are nutritious, affordable and versatile making them an excellent addition to your family's meals.



Discover how you can incorporate them into your meals from breakfast to dinner.

Check out our top tips and FREE delicious recipes at healthymadetasty.com.au/blog/3-easy-ways-to-add-legumes-to-your-meals/

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