

Choose well to live well!

MAKE ROOM FOR LEGUMES!



Dried beans, peas and lentils belong to the legume family. They are Grow Foods, packed full of protein which helps our body grow bigger and stronger. They also have lots of fibre which helps to keep our tummies moving. Eating more legumes can help keep us healthy and strong.



Kidney Beans

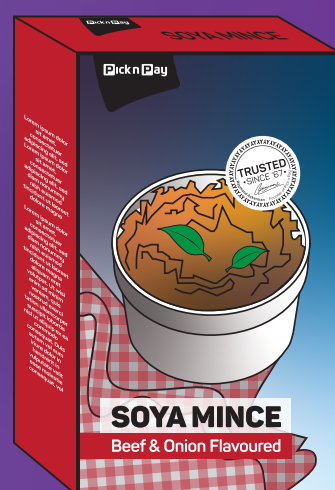
Add cooked beans to samp, soup and stews, or mash them with mince to make healthy meatballs.



Lentils

Lentils can be used in salads, soups, and stews. Dahl is a thick curry-flavoured soup made from lentils.

Soya mince is made from soya beans. Add soya mince to beef mince to make it healthier.



Soya Mince

Baked beans are a delicious and nutritious breakfast. Have them on toast or as a filling in an omelette.



Baked Beans



Soup Mix

Soup mix is made of different lentils and split peas. Add it to soup or stews for a boost of extra goodness.

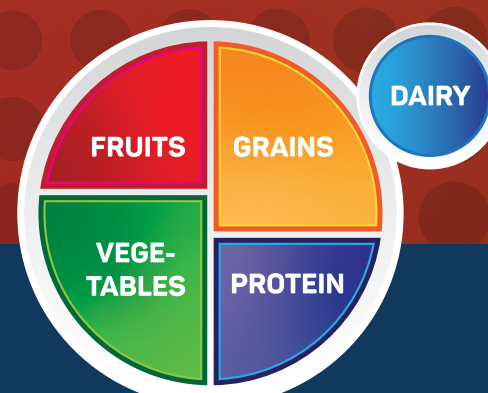


Chickpeas

Chickpeas can be made crispy in the oven and added to salads. Hummus is made from mashed chickpeas and is a healthy dip or spread.



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PLAN YOUR PLATE