

Anne's recipe

Butternut Soup

Needed

One butternut

2 Carrots

Smoked Bacon

A stock cube or two

Boiling water... half a pot full

A handful of dried lentils

Cinnamon

Dried chilli if you like it

Put the lentils, butternut and carrot in boiling stock for 45 minutes

Add a bit of cinnamon and dried chilli powder if you like!

Blend

Add the fried bacon

Health tips...

Do not snack three hours before bed

Have redbush tea instead of caffeine. It has lots of anti-oxidants

Drink water 20 minutes before each meal

Eat sainsburys basics... they use less ingredients and cut out the bad stuff (usually)

Frozen vegetables are sometimes fresher than fresh vegetables ;)

Anne Dichmont, 1st year Nursing student