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 ;)}