NEXT STOP-ITALY
Home of the humble Zucchini

ZUCCHINI REIMAGINED
HEALTHY WAYS TO SNEAK IN YOUR 2 & 5

3 BENEFITS

1: **Cholesterol lowering:** Contains soluble fibre which can decease LDL (bad) cholesterol in the blood.

2: **Improved satiety/fullness:** Soluble fibre in the flesh and Insoluble fibre in the skin increases stomach stretch and slows down gastric emptying which makes you feel fuller for longer.

3: **Improves eye health:** Zucchini is high in carotenoids lutein and zeaxanthin which can prevent macular degeneration.

3 WAYS TO USE IT

...As long as we remember this one thing; Zucchini and Cucumber are not the same thing!

- **Zucchini Bread:** Use it to bulk up your morning toast, sandwich, or to have with hot soup during these cool days. Recipe Alert! [https://cookieandkate.com/healthy-zucchini-bread-recipe/](https://cookieandkate.com/healthy-zucchini-bread-recipe/)

- **Zoodles:** Zucchini noodles are a growing trend and are a simple way to healthify your spaghetti bolognese by swapping your pasta with quirky looking veggies.

- **Zucchini Slice:** Like quiche but better. Keeps well in the fridge for up to a week. Handy on-the-go snack!

