



Ingredients we used in the pots we gave you

Remember to add Full Fat Greek Yoghurt or Milk to your pots.

Oats - Jumbo and wholegrain oats are the best options and they can help to:

- ✓ Provide antioxidants
- ✓ Improve insulin response and reducing blood sugar
- ✓ Provide plenty of vitamins and minerals
- ✓ Improve cholesterol levels
- ✓ Promote healthful bacteria in the digestive tract
- ✓ Manage weight
- ✓ Reduce the risk of asthma
- ✓ Relieve constipation

Sunflower seeds (high in vitamin E and selenium. These function as antioxidants to protect your body's cells against free radical damage, which plays a role in several chronic diseases)

Pumpkin seeds (high in magnesium which supports bone and muscle health and aids sleep. Also helpful in managing blood sugar levels)

Chia seeds (high in fibre and contain lots of nutrients)

Coconut flakes Coconut flakes are a healthy addition to your diet and a good source of manganese and other minerals

Dried blueberries and cranberries (high in vitamin C and support in managing blood sugar levels)

Other things you can try

Milled brown linseed (rich in omega 3 and supports healthy digestion and good for cholesterol)

Dried apricots - Health and Nutrition Benefits

- ✓ Very nutritious and low in calories
- ✓ High in antioxidants
- ✓ High in potassium
- ✓ Very hydrating
- ✓ Easy to add to your diet

Dates - dates are a good source of energy, fibre, sugar, and various vitamins and minerals. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium, sulphur, and zinc can be found in them. Apart from the above-mentioned nutrients, they may also contain important vitamins such as: thiamine, riboflavin, niacin, vitamin B6, folate, vitamin A, and vitamin K.

Nuts- The protein in nuts can help **keep blood sugar stable**. The fibre helps with weight control, partly by helping us feel full.

- **Pistachios** are a good source of anti-inflammatory and antioxidant compounds. Plus, they may improve blood pressure and other health markers.
- **Almonds** are high in several essential nutrients. Eating them regularly may boost heart and gut health.
- **Walnuts**, which are an especially good source of copper and manganese, may boost heart and brain health.
- **Cashews** may improve blood fat levels and reduce blood pressure. They also provide vitamin K and minerals like magnesium and manganese.
- **Pecans** contain a variety of beneficial nutrients, including zinc and manganese. Among other benefits, they may promote heart health.

- **Macadamia** nuts are high in healthy fats and other important nutrients like vitamin B1 and manganese.
- **Brazil nuts** are an excellent source of selenium, a nutrient that serves as an antioxidant and is necessary for thyroid health.
- **Hazelnuts**, which are a good source of nutrients like vitamin E and manganese, may reduce certain heart disease risk factors.
- **Peanuts**, which are technically legumes, provide several B vitamins and may help reduce your risk of heart disease.

Where to buy your ingredients

We recommend Grape Tree – they have shops up and down the UK but also deliver on line. They provide discount codes so you always get the best value for money on their products.

[Grape Tree - Buy Organic & Vegan Health Foods Online](#)

We also recommend Aldi as they do a great range of Oats, nuts and seeds and don't charge the really high prices that a lot of supermarkets do.

[ALDI GB | ALDI UK](#)