

Plant-Based



stay

healthy

Ingredients and meals

Cooked Cucumber



Source of hydration

Cucumbers are low in calories and provide a great of hydration, making them an excellent ingredient for a sustainable recipe as well as a source of essential minerals.

Honey Jam



Natural Sweetener

Since honey is a natural sweetener, you can reduce the amount of sugar needed in the recipe. Honey jam is a great way to provide an alternative to sugary snacks.

Chard Soup



Source of essential vitamins

Chard is a great way to add flavor and nutrition to any meal. It also contains dietary fiber, which can help improve digestion and promote regularity.

Grape salad

Very versatile

Grapes are a great source of vitamins, minerals, and antioxidants that can boost your health. They can be used in both sweet and savory recipes



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sustainable content.