

Follow me TO BE HEALTHY!



#400GCHALLENGE

STAY AT HOME WITH FRUIT & VEG

Granted, you might only be able to see your friends for e-drinks right now, but there's at least one bonus in #stayingathome: you always get to choose the (healthy!) snacks.

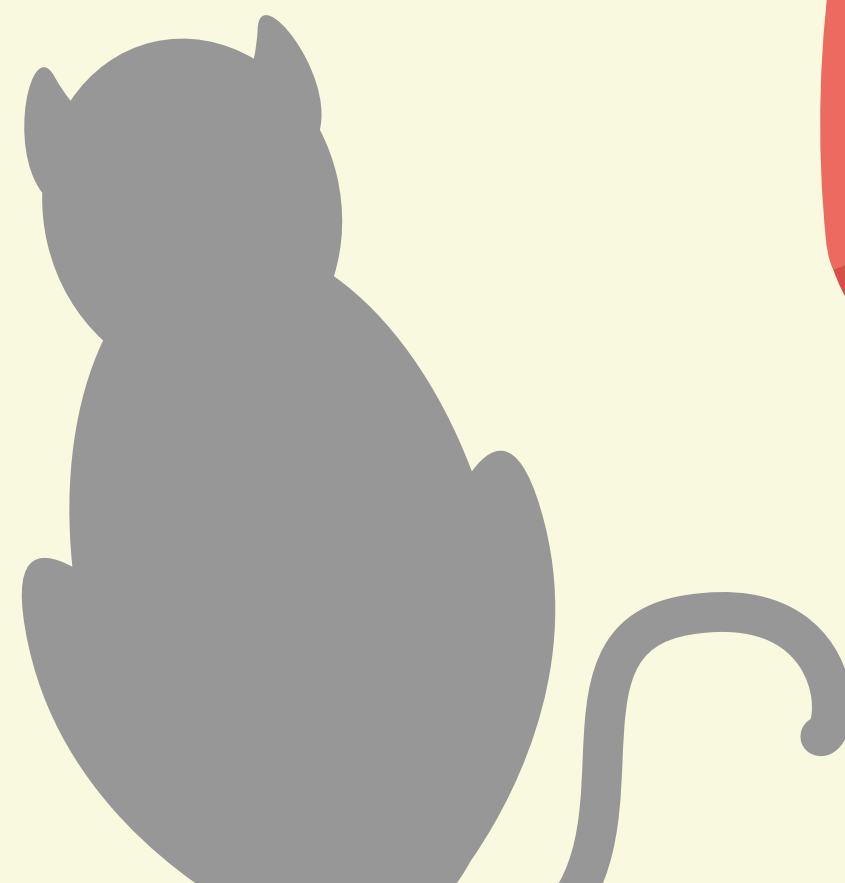
Whether you're calling your friends, relatives or colleagues, it's easy to liven up your virtual aperitifs with fruit and veg. Here's a couple of healthy and low-cal recipes to brighten up your e-apero and easily take on the #400gChallenge.



Roasted courgette¹ & aubergine dip – with carrot crudités for added crunch The courgette's vitamin B9 will help you stay energised at home!

Works with artichoke, too!

Strawberry² salad with balsamic vinegar – for that sweet-umami mix.



STAY@HOME
Cook! ✓
Call Grandma
feed Alfie ✓



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¹<http://www.aprifel.com/fiche-nutri-produit-allegations-courgette,95.html>
²<http://www.aprifel.com/fiche-nutri-produit-fraise,19.html>

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