

Follow me
TO BE HEALTHY!



#400GCHALLENGE

BARBECUE WEATHER IS BACK!

All the shops are full of buns, sauces, and disposable barbecues – it's that time of year again! Why not add something a bit different to yours this year? Impress your friends with some fancy veggie skewers – and be sure to send us photos!

For example, halloumi, aubergine and pepper kebabs are simple to make, look pretty, and are so this season – give them a try!



RED PEPPERS

RED PEPPERS WILL GIVE YOUR VEGGIE KEBABS A COLOURFUL, TASTY BOOST. THEY'RE ALSO RICH IN VITAMIN C, WHICH CONTRIBUTES TO THE NORMAL FORMATION OF COLLAGEN.

COLLAGEN

NORMAL COLLAGEN MEANS NORMAL SKIN AND TOOTH FUNCTION – KEEPING YOU LOOKING GOOD FOR YOUR SUMMER SELFIES!¹

ENJOY
IT'S FROM
EUROPE



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



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¹ https://www.aprifel.com/fr/fiche-nutritionnelle/poivron-rouge/?tab=allegations_nutritionnelles

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