

TOP TIP

How to enjoy sweet peppers.

Add raw sweet peppers to your lunchbox with a dip of hummus or add them to salads to get the best of their powerhouse nutrient content. They are also a delicious and nutritious addition to many dishes from stews and soups to traybakes and stir-fries.



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za