



Making small changes can make a big difference to the way you feel.

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Pea & Spinach Dip



Ingredients

2 cans of petis pois in water (can be substituted for regular garden peas)

2 large handfuls of fresh baby spinach

3 or 4 garlic cloves

Juice from 2 lemons

1/2 tsp onion powder

1 tablespoon olive oil

1 teaspoon chilli flakes (optional)

Black pepper to season

1/4 teaspoon salt (optional)

Method

1. Put ingredients into chopper/food processor and blend until smooth!
2. That's it!