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BY EUREST REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

With the new year, everyone has resolutions on their mind. This year, aim to focus on one area where you can really implement a healthy habit. From cutting back on added sugars to using the salt shaker less, every small change can have a big, long term impact.

IN SEASON & ON THE MENU

Citrus fruits are at their prime this time of year! Vitamin C in these fruits is often associated with immunity, but this powerful vitamin also supports collagen which is needed for healthy skin and joints and it helps the body absorb iron.

CHEF TIP

Use fresh citrus juice in a marinade or to add some acidity to a salad dressing. Lemon, limes, grapefruit, or blood orange all add wonderful flavors to a mocktail too.



**FIND YOUR
NEXT
FAVORITE
RECIPE!**



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