

Nourish your soul with  
**BRAIN BOOSTING INGREDIENTS**

# REFRESH

MIND, BODY & SOUL

**MARCH**

## CHOCOLATE AND BEETROOT BROWNIE

**SERVES**  Ten

**SAFFRON RECIPE CODE** R06676

### INGREDIENTS

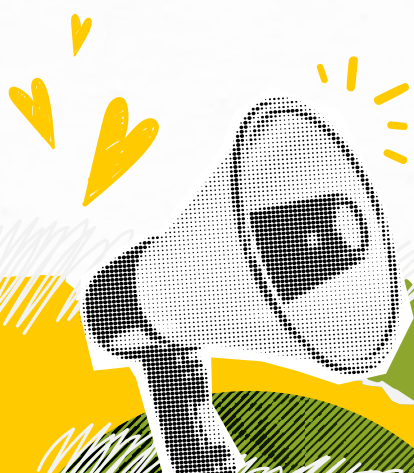
- 200g margarine
- 300g caster sugar
- 1tsp vanilla essence
- 4 medium eggs
- 150g self-raising flour
- 100g reduced fat cocoa powder
- 125g cooked beetroot

### METHOD

1. Preheat oven to 180°C
2. In a mixing bowl, melt the margarine and cocoa powder
3. In a separate mixing bowl, add the eggs and sugar and beat until fluffy
4. Add the margarine, cocoa powder and flour to the egg mix and mix well
5. Pour into a shallow tray and bake for approx. 25 minutes

### ANTHOCYANINS:

Anthocyanins, the natural pigments that give blue and purple fruits their colour, contain powerful antioxidants and have anti-inflammatory properties that support brain health.



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## RED CABBAGE AND FENNEL COLESLAW

**SERVES**  Ten

**SAFFRON RECIPE CODE** R01320

### INGREDIENTS

- 200g red cabbage (shredded)
- 150g carrots (peeled and finely sliced)
- 150g fennel (washed and finely chopped)
- 75g shallots (peeled and finely chopped)
- 50ml light mayonnaise

### METHOD

1. Place all the vegetables in a bowl and toss well
2. Stir in the mayonnaise to coat the salad
3. Season with lots of black pepper and a little salt

#### **ANTHOCYANINS:**

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