

Beans and legumes

Full of goodness, cheap, tasty and easy to use.

WHAT

BEANS AND LEGUMES



Baked Beans



Kidney Beans



Chickpeas



Lentils



WHY



Cheap



Bulk up your meals



Tasty



Full of protein, fibre, vitamins and minerals

ADD TO...



Curry



Mince



Homemade burger patties



Pies

HOW

For more food, nutrition and heart-healthy tips, scan the QR code or visit www.heartfoundation.org.nz/healthy-eating

