

REBOOT#5

Fennel is King!

Why Fennel?

1. May maintain a healthy heart

A good source of fibre as well as heart-friendly nutrients like potassium and folate, and appears to lower blood pressure and may help manage cholesterol.

2. May support healthy skin

Fennel contains beta-carotene (which is converted to vitamin A in the body) and vitamin C, which is important for collagen production and tissue repair.

3. May be anti-inflammatory

Rich in antioxidant nutrients such as vitamin C and plant flavonoids such as quercetin, fennel may help reduce inflammation.

4. May aid weight management

Low in calories but full of flavour, fennel is a useful ingredient to include in a weight management plan. With a low glycaemic index (GI) and high fibre contribution, fennel may help moderate blood sugar release as part of a meal.

5. May improve the symptoms of anaemia

Fennel is a good source of folate, which is needed for healthy red blood cell formation. Fennel is a good food choice for athletes.

Ingredients	Method
<ul style="list-style-type: none">○ Fennel bulbs○ Cherry tomatoes○ 1 pinch of caraway seeds○ Olive oil	<ol style="list-style-type: none">1. Preheat the oven to 160°C.2. Trim and quarter the fennel bulbs, then lay in a roasting dish, scatter over the tomatoes and caraway seeds.3. Season with sea salt and black pepper and drizzle with oil. Cook for 1 hour or until the fennel is tender and caramelised.