



## Five: 150 effortless ways to eat 5+ fruit and veg a day

*Rachel de Thample*

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We all want tasty food that's good for us. Key to that is ensuring we eat our daily intake of fruit and vegetables.

Most of us aren't even getting half the fruit and veg we need in a day. In *Five* Rachel de Thample makes delicious food effortless, offering over 150 easy, flavoursome recipes that will boost your daily intake.

Rachel's inspirational treasure trove includes such dishes as Fig, Almond and Orange Blossom Water Muffins, Moroccan Beetroot Soup, Wild Spring Spaghetti and Carrot Cake Scones, as well as themed and seasonal menu suggestions. Whatever you choose to eat, each dish is clearly flagged with the number of portions of fruit and veg each serving contains – some even offer a full 5 portions. So you always know you're eating both well and happily.

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