

Because what you eat shapes your life : making even small changes to your diet, like including Alpro Soya, can make a big difference to your health and wellbeing.

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Because what you eat shapes your life.



Making even small changes to your diet, like including Alpro soya, can make a big difference to your health and wellbeing.

- Naturally low in saturated fat.
- No artificial colours, preservatives or sweeteners.
- Naturally contains omega 3 and 6 - the "good fats" which may help to keep your heart healthy.
- Can help to lower your cholesterol*.
- Tastes great ... naturally.



Available from the milk and yogurt sections of supermarkets.

For more information call free on 0800 0 188 180 or visit www.alprosoya.co.uk



Make your body a better place to live.

*The inclusion of at least 25g soya protein per day as part of a diet low in saturated fat can help lower blood cholesterol (Joint Health Claims Initiative 2002).

Blueberry Muffins

Serves 10

225 g (8oz) plain flour
1 tbsp baking powder
1 tsp ground cinnamon
115 g (4oz) caster sugar
85g (3oz) margarine
100ml (4fl oz) Alpro soya alternative to milk
2 medium eggs - beaten
3 - 4 tbsp blueberry jam or conserve

Preparation

Preheat the oven to 200C, Gas mark 6. Put 10 paper muffin cases in a muffin bun tray. Sieve the flour, baking powder and cinnamon into a bowl, stir in the sugar.

Melt the margarine in a medium bowl then add the Alpro soya milk alternative and the eggs, along with 2 tbsp of the blueberry jam, lightly whisk until all the ingredients are mixed together. Add the milk mixture to the flour and carefully fold in, do not over mix.

Place 1 dessertspoon of the mixture into each muffin case. Top mixture with 1 tsp of the blueberry jam and then place another spoonful of muffin mixture over the top, enclosing the blueberry jam. Bake in the oven for approximately 15 - 20 minutes until golden brown. Delicious warm or cold.



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