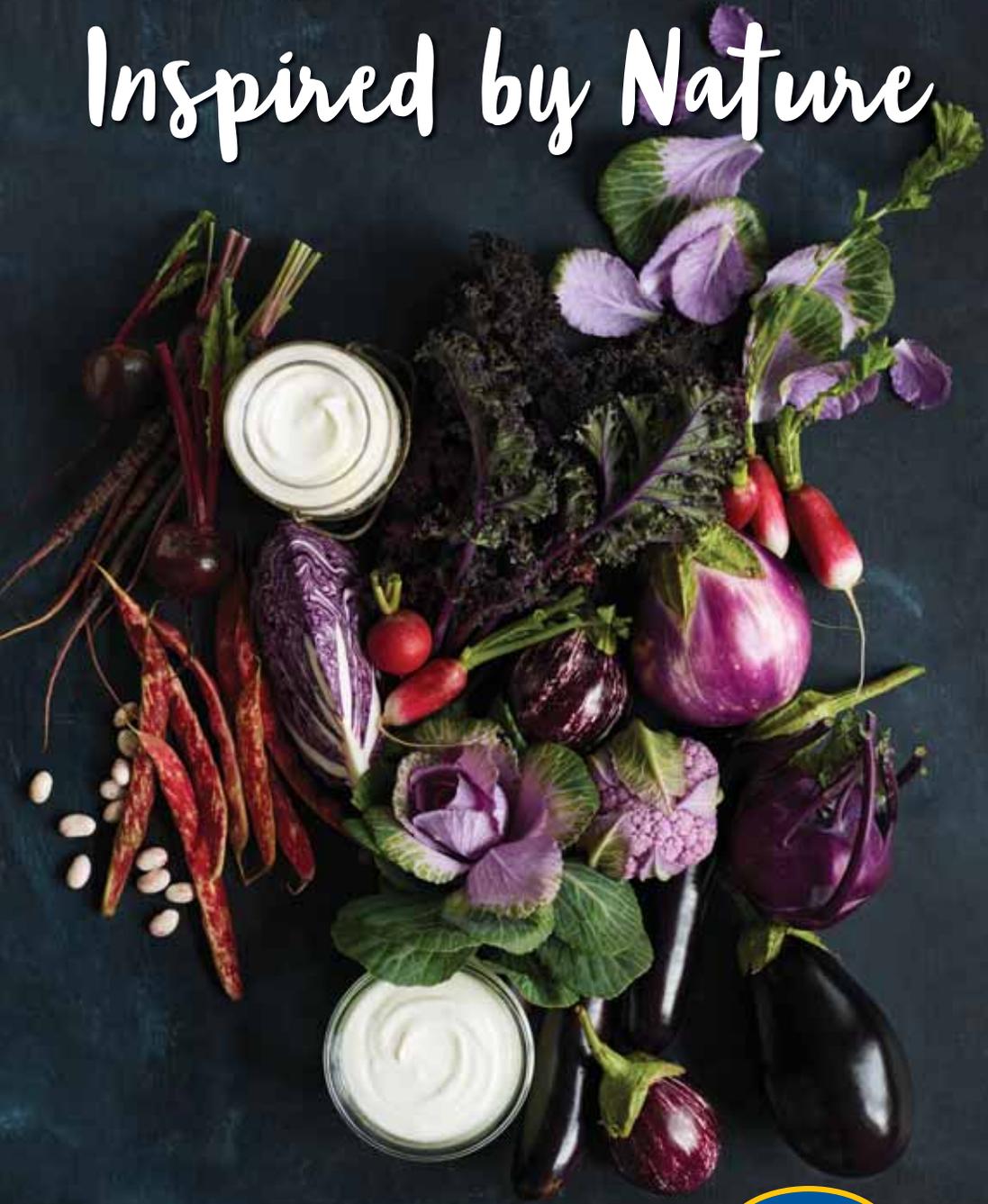


Inspired by Nature



10 Vegetarian Recipes with



10 Delicious Vegetarian Recipes Inspired by Nature

Eating more vegetables is the single most important dietary change needed to keep us in good shape and good health.

The more veggies you eat, the better you'll feel and look.

So, are we chomping away on every known vegetable on earth, since they promise us so much? Sadly no.

While veganism is trendy, vegetable consumption generally remains poor: 92% of Australians don't meet the recommended five vegetable serves a day (ABS Australian Health Survey).

And dairy is the second most under-consumed food group: nine out of ten don't consume enough; while one in six are avoiding dairy, despite having no medical reason to do so, according to a CSIRO study.

So we need practical ways to make it easier for Australians to meet their nutrition targets.

Inspired by the diversity of flavour, colour, texture and taste that nature provides, we have developed these 10 delicious vegetarian recipes.

They suggest ways to increase daily vegetable consumption while catering to other dietary needs. By including yoghurt, we boost the protein, calcium, vitamin and mineral quota. We hope you enjoy creating and sharing these delicious and nutritious recipes.

5 Reasons to eat more veggies

1 Vegetables have a very high nutrient density (the amount of essential nutrients relative to kilojoules) and contain more than 900 different phytochemicals (such as antioxidants, flavonoids, carotenoids, sulphur compounds, polyphenols), besides vitamins, minerals and dietary fibre.

2 There's a strong relationship between a diet high in plant foods and heart health. Eating more vegetables is important for keeping your heart working well, and helping keep blood pressure in check.

3 Vegetables keep us in shape. Vegetables in general have a very high water content, they are low in kilojoules, an excellent fibre source and really help to fill you up when you are trying to prevent kilo creep.

4 Keep those eyes sparkling and your skin glowing. Green leafy vegetables help keep our eyes seeing clearly so it's important to eat more greens. Veggies also help with the elasticity and tone of the skin.

5 Prebiotics for good gut function. Many vegetables are a good source of prebiotics, a type of fibre that passes through the GI tract undigested and stimulates the growth and activity of 'good' bacteria in the large intestine. Probiotics, like those found in Jalna Yoghourt, work with prebiotics to enhance gut function.

No single vegetable will provide you with all the essential nutrients, so consuming a variety, throughout the day is the best advice.

Why adding Jalna Yoghourt is a great idea

1 Yoghourt contains a myriad of nutrients. There's protein (casein and whey) plus calcium, vitamin A, vitamin B12, riboflavin, potassium, magnesium, zinc and phosphorus.

2 Jalna Yoghourt is a pure food, nurtured to be as close to nature as possible. It's wholesome, natural ingredients make Jalna Yoghourt the ideal choice because it's low GI, low sodium and gluten free. And there's no artificial additives, preservatives or emulsifiers.

3 Including Jalna Yoghourt in meals is one of the easiest ways to get enough calcium every day. All Jalna yoghourts are lower in fat than cream, cheese or ice cream. Plus it's so versatile it can be eaten straight off the spoon or included in many recipes.

4 We need protein everyday and 'complete' proteins like those found in yoghurt contain all the 8 essential amino acids so important as building blocks for our body. For those following a lacto vegetarian diet, yoghurt also becomes a convenient source of calcium, Vitamin B12, Vitamin D and probiotics.

5 Jalna Yoghourt has viable quantities of named and well-researched probiotics. Each 100g serve contains more than 300,000,000 Lactobacillus acidophilus, Bifidobacterium and Lactobacillus casei probiotics.



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Chai Turmeric Chia Breakfast Bowl

Serves 4 - 6 Prep time 20 minutes + refrigerate overnight / Cooking time 10 minutes

3 tablespoons chai tea
1 cup (250g) Jalna Greek Yoghourt, plus extra to serve
1½ cups (375ml) unsweetened rice or almond milk, plus extra to serve
3 tablespoons honey or rice malt syrup
1 teaspoon lemon juice, or to taste
½ teaspoon ground turmeric
½ cup (100g) (white) chia seeds
200g Jalna Coconut Yoghourt, to serve
Figs, shaved fresh coconut, extra honey (optional), to serve

Place the tea into a mug and add ½ cup boiling water. Leave 2-3 minutes to brew then strain the liquid into a medium bowl, discarding the solids. Add the yoghurt, milk, honey, lemon juice, turmeric and chia seeds, mix to combine and refrigerate overnight.

In the morning stir in extra yoghurt and/or milk if a thinner consistency is preferred. Divide between bowls and top with Jalna coconut yoghurt, figs, fresh coconut and honey (optional) to taste.

Tips - Substitute rice milk with coconut water. Toasted pepitas & sunflower seeds, cacao nibs, pistachios, pomegranate seeds, raspberries and edible flowers could also be used as optional garnishes.

Chia seeds are a member of the mint family. These black or white seeds can be eaten raw or added to recipes, including in gluten free chia puddings. They absorb liquid and become quite gelatinous in texture. Very high in dietary fibre and an excellent source of protein, calcium and minerals such as iron, magnesium and zinc, they're also high in the plant form of omega 3 fatty acids, important for heart and brain health.



Rainbow Vegetable Chips with Harissa Yoghourt Dip

Serves 6 - 8 Prep time 30 minutes / Cooking time 30 minutes

1 medium parsnip
1 medium swede
1 medium beetroot
1 medium sweet potato
1 medium potato
¼ cup (60ml) extra virgin olive oil
Zest of ½ orange
¼ cup (60ml) fresh orange juice
1 tablespoon chopped thyme or rosemary
½ teaspoon sea salt

Preheat oven to 200°C/180°C fan forced. Line two baking trays with baking paper.

Using a sharp knife or mandoline, slice all vegetables into thin, even rounds, about 2mm thick. Mix the oil, orange zest, juice, thyme and salt in a large bowl. Add the potatoes, parsnips and swedes and toss to coat well.

Spread in a single layer on one baking tray. Repeat the process with the beetroot and sweet potato, placing them on the other baking tray.

Bake the beetroot and sweet potato for about 25 minutes and the potato, parsnip and swede chips for about 15 minutes, or until golden.

Remove from the oven and transfer to wire racks to cool.

Harissa Yoghourt Dip

(makes approx. ⅔ cup)

½ cup (125g) Jalna Greek Yoghourt

1½ teaspoons harissa paste

2 teaspoons honey or rice malt syrup, or to taste

1½ tablespoons lemon juice

Pinch salt

To make the Harissa Yoghourt Dip, place all ingredients in a bowl & mix to combine.

***Tips** - Chips can be stored in an airtight container for 2-3 days, but they will lose some of their crunch. Use even-sized vegetables so the chip sizes match well.*

Vegetables could also be cut into wedges but increase roasting time.



Quinoa Crusted Veggie Cakes with Horseradish Yoghourt

Makes 14 Prep time 30 minutes / Cooking time 20 minutes

400g can cannellini beans, rinsed and drained
400g can chickpeas, rinsed and drained
1 cup coriander leaves
1 medium red chilli, seeded & coarsely chopped
1 clove garlic, crushed
1 egg, lightly beaten
1 tablespoon Jalna Greek Yoghourt
1 cup cooked amaranth or quinoa
½ cup (55g) edamame, blanched
½ cup (55g) green peas, blanched
1 green onion, finely sliced
Salt & cracked black pepper
Vegetable oil for frying or oil spray
Cornichons, lemon wedges & herb sprigs, to serve (optional)

Puree cannellini, chickpeas, coriander, chilli, garlic, egg and yoghurt in a food processor until coarsely mashed but mixture holds together.

Place mixture in a large bowl and add amaranth or quinoa, edamame, green peas, green onion, salt and pepper.

Shape approximately ¼ cup of mixture into balls and flatten slightly. Dip into flour, dusting off excess, dip into egg & yoghurt mix, then roll in quinoa flakes.

Shallow fry over a medium heat or spray fritters with oil and bake on a baking tray lined with baking paper in 220°C/200°C fan forced oven, for 20 minutes or until golden, turning halfway through. Serve with horseradish yoghurt, lemon wedges and herb sprigs.

Quinoa Crust

½ cup (60g) lentil or quinoa flour
2 eggs, lightly beaten with 2 tablespoons Jalna Greek Yoghourt
1½ cups (100g) quinoa flakes

Horseradish Yoghourt

1 cup (250g) Jalna Greek Yoghourt
1½ tablespoons prepared horseradish, or to taste
1½ tablespoons lemon juice
Salt and cracked pepper, to taste

To make horseradish yoghurt, place all ingredients in a bowl & whisk to combine.

***Tips** - Add other vegetables such as wilted kale, grated eggplant, zucchini or corn. Add chia seeds to quinoa flakes. Substitute horseradish with wasabi. Serve with your favourite garden salad or on its own as a delicious finger food or snack.*

***To cook amaranth:** Bring 1 cup water or stock & ½ cup amaranth to the boil. Reduce heat and simmer 15 minutes with lid on. Turn heat off and leave for 10 minutes, covered. Drain any excess liquid. Makes 1 cup.*



Edamame is a young soybean, often served in its pod as an appetizer in Japanese restaurants. Excellent source of protein, dietary fibre and a good source of folate and minerals like iron, calcium and magnesium. Also a source of isoflavones, linked to bone health.

Vegetarian Curry with Turmeric Cauliflower Rice

Serves 6 Prep time 30 minutes / Cooking time 50 minutes

Vegetable Curry

1 tablespoon vegetable oil
1 brown onion, cut into thin wedges
2 cloves garlic, crushed
2 tablespoons curry powder
400g (2 medium) carrots, cut into 4cm pieces
400g (2 medium) sweet potato, cut into 4cm pieces
400g pumpkin, peeled, cut into 4cm pieces
400g can diced tomatoes
½ cup (125ml) vegetable stock or water
400g can chickpeas, rinsed and drained
125g mini roma tomatoes, halved lengthways
50g baby spinach or silverbeet or kale leaves
1 cup (250g) Jalna Greek Yoghourt, plus extra to serve
¼ cup coriander, chopped, to serve

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 2 minutes. Stir in curry powder and cook 1 minute.

Add carrots, sweet potato, pumpkin, canned tomatoes and stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 30 minutes.

Add chickpeas, cover and cook 5 minutes.

Stir in tomatoes, spinach and yoghurt and heat 2-3 minutes until warmed but do not boil.

Serve garnished with coriander, cauliflower rice and extra Jalna Yoghourt.

Cauliflower Rice

1 large cauliflower
¼ cup (60ml) vegetable oil
½ teaspoon ground turmeric
Salt and cracked pepper
2 green onions, thinly sliced
2 tablespoons almonds, toasted, coarsely chopped, to serve

Preheat oven to 200°C/180°C fan forced.

Trim cauliflower and tear into small florets. Place florets in a large bowl and toss with oil, turmeric, salt and pepper.

Place on two baking trays lined with baking paper and roast for 25 minutes or until golden.

Cool slightly, then process in batches in a food processor, until cauliflower resembles rice grains. Stir through green onion and almonds.

Turmeric is a spice from the ginger family used in Indian cooking for thousands of years. Mustard yellow in colour, it contains some powerful compounds including curcumin, thought to have strong anti-inflammatory effects.



Freekeh & Lentil Vegetable Bowl with Tahini Yoghourt Dressing

Serves 4 Prep time 30 minutes / Cooking time 40 minutes

1 cup (200g) freekeh, rinsed & drained
½ cup (100g) green lentils, rinsed & drained
3 cups (750ml) boiling water or stock
Salt & freshly cracked pepper
125g green beans
1 bunch broccolini
1 bunch asparagus, cut into 2cm pieces
2 cups finely sliced red cabbage
½ avocado, peeled
½ small red onion, finely sliced & pickled (see recipe* right)
1 large handful each flat-leafed parsley & mint leaves, coarsely chopped
1 zucchini, thinly shaved lengthways
2 tablespoons toasted mixed seeds, to serve

Tahini Yoghourt Dressing
(makes about 1¼ cups)

½ cup (125g) Jalna Greek Yoghourt
½ cup (80ml) tahini
½ cup (80ml) water
2-3 tablespoons lemon juice, to taste
1 small garlic clove, crushed (optional)
Pinch salt (optional)

Place freekeh and lentils in a large saucepan and add boiling water. Bring to the boil, reduce to simmer and cook, covered, for 20 minutes, or until tender. Drain any excess liquid, spread onto a large baking sheet and leave to cool slightly.

Bring a large saucepan of water to the boil. Add a pinch of salt and blanch the beans, broccolini, and asparagus in batches for 1-2 minutes until just tender. Rinse under cold water to stop them cooking. Drain well.

In a large bowl, place freekeh, lentils, parsley and mint, and toss well to combine; season to taste. Arrange in bowls or on a large platter with beans, broccolini, asparagus, zucchini, cabbage, avocado and pickled onions on top.

Drizzle with tahini dressing and garnish with toasted seeds.

To make dressing, place all ingredients in a bowl & whisk to combine.

* Pickled Onions

3 tablespoons white wine vinegar
½ teaspoon sugar
Pinch of salt
1 small red onion, peeled & thinly sliced
1 bay leaf

In a small bowl, whisk together the vinegar, sugar and salt with 3 tablespoons of water until the sugar dissolves. Add the sliced onion and bay leaf and set aside to pickle and turn bright pink.

Tips - Superblend mixes (eg freekeh, lentils, beans) are available from supermarkets. Other grains, such as amaranth, pearl barley, Israeli couscous, red rice or burghul could also be used. Add or substitute other vegetables (silverbeet, kale, chargrilled eggplant, grated raw/cooked beetroot, watercress, rocket, edamame, green peas, heirloom tomatoes or corn).

Dark green vegetables are excellent sources of Vitamins A, C and K, plus folate and important minerals like iron and calcium. To help absorb the iron from plant sources it's important to include foods high in Vitamin C at the same time. Kale, spinach, silverbeet, broccoli and dark lettuces are also high in other carotenoids like lutein and zeaxanthin, great for eye health.



Vegetable Frittata with Black Sesame & Herb Yoghourt

Seres 6 Prep time 30 minutes / Cooking time 30 minutes

1 tablespoon olive oil
250g red baby potatoes, skins on, very thinly sliced
250g sweet potato, very thinly sliced
1 red onion, peeled, thinly sliced
2 medium chillies, seeded, finely chopped
Salt and cracked black pepper
125g broccoli florets
1 cup green peas
12 large eggs, whisked
½ cup (80g) Jalna Greek Yoghourt
½ teaspoon ground turmeric
Zest of 1 lemon
1 tablespoon black sesame seeds, toasted
Micro herbs, to serve (optional)

Herb Yoghourt
1 cup (250g) Jalna Greek Yoghourt
¼ cup chopped mint leaves
1-2 teaspoons lemon juice, to taste
Salt & pepper, to taste

Make the herb yoghurt by combining all ingredients.

Preheat grill to high. Heat the oil in a large ovenproof 30cm heavy based frying pan over a medium heat.

Stir in the potatoes, sweet potato, onion and chilli, with salt and pepper. Cover and cook until the potatoes are nearly tender, scraping along the bottom of the pan occasionally, 5-7 minutes.

Add the broccoli and peas and cook a further 2-3 minutes, covered.

Whisk the eggs, ⅓ cup Jalna yoghurt, turmeric, zest, salt and pepper and pour over the potato mix. Reduce heat to moderately low and cook until the eggs are just set, carefully lifting the frittata and tilting the pan so the uncooked egg runs to the underside.

Place pan under a hot grill for a few minutes, until the top of the frittata has puffed up and set.

Serve in the pan, warm or at room temperature, dolloped with herb yoghurt and sprinkled with black sesame seeds. Add micro herbs, to serve (optional).

Tips - Add other veggies, such as shredded kale leaves, zucchini or broccolini.

Sweet Potato/Kumara is thought to be one of the oldest vegetables in the world. With over 400 varieties, the colour varies from purple to orange through to white. They are an excellent source of Vitamin A and beta carotene, plus a good source of Vitamin C, B6, potassium and dietary fibre. Sweet potatoes are a good source of energy-giving carbohydrates and have a low GI which is good for blood glucose control.



Israeli Couscous Salad Bowl with Orange Basil Yoghourt

Serves 4 Prep time 30 minutes / Cooking time 30 minutes

1 tablespoon olive oil

1½ cups (270g)

Israeli couscous

3 cups (750ml) vegetable stock or water

400g can chickpeas, rinsed, drained

1 medium fennel bulb, trimmed and thinly sliced

1 medium (150g) carrot, coarsely grated or pickled carrot (see recipe* right)

½ cup edamame

50g mixed salad leaves (eg. beet, rocket, spinach)

3 green onions, finely sliced

½ cup combined chopped flat-leaf parsley and mint leaves

¼ cup seed mix (eg. pepitas, sunflower)

2 tablespoons currants

1 tablespoon lemon juice

Fresh beetroot, shaved

Orange Basil Yoghourt

Juice & zest of ½ orange

1 cup (250g) Jalna

Greek Yoghourt

¼ bunch basil, leaves picked and finely shredded

Salt & cracked black pepper, to taste

In a medium saucepan, heat oil over a moderately high heat. Add couscous and stir until begins to colour, stir 4-5 minutes. Add stock and salt to taste and bring to a boil. Reduce the heat, cover and simmer 10 minutes or until tender. Drain any excess liquid.

Meanwhile, make the orange basil yoghurt by combining all ingredients in a medium bowl and whisking until well combined. Set aside for flavours to develop.

In a large bowl toss the couscous with chickpeas, fennel, carrot, edamame, salad leaves, green onion, parsley and mint, seeds, currants and lemon juice. Serve drizzled with orange basil yoghurt.

* Pickled Carrots

3 tablespoons rice or white wine vinegar

½ teaspoon sugar

Pinch of salt

2 tablespoons water

2 carrots, peeled thinly into ribbons or thinly sliced

1-2 teaspoons grated ginger

In a small bowl, whisk together the vinegar, sugar, salt and water until the sugar dissolves. Add the sliced carrots and ginger and set aside to pickle for at least 10 minutes or longer if time permits. Best used within a couple of days but can be refrigerated for up to a week.

Tips - Add chilli, garlic, red onion, radishes, beetroot, daikon, fennel.

Tips - Add grated raw or cooked beetroot which makes the salad turn a vibrant pink colour.

Substitute Israeli couscous with quinoa, amaranth, burghul, red rice, soba noodles or supergrain mixes (available from supermarkets).

Chickpeas are not peas for females but part of the legume family. Popular in curries, salads and dips like hummus, they are high in protein and dietary fibre (both soluble and insoluble), important for heart and bowel health. Chickpeas are low GI and a good source of iron, zinc, magnesium and selenium as well as an array of vitamins including folate and Vitamin K.



Roasted Heirloom Carrots with Labne & Pesto

Serves 4 (as a side dish) Prep time 40 minutes + overnight to make labne

Cooking time 25 - 35 minutes (depending on carrot sizes)

1 cup (250g) Jalna Greek Yoghourt (makes about 125g labne)

50g mixed seeds (eg. sunflower & pepita)

1 teaspoon coriander seeds

3 bunches coloured heirloom carrots, tops attached, well washed

2 red onions, peeled, cut into wedges

1 tablespoon olive oil

Salt flakes & cracked black pepper

1 handful of basil leaves

2 garlic cloves, peeled

1 tablespoon honey or rice malt syrup

3 teaspoons lemon juice, plus extra

50g parmesan, finely grated

¼ cup (60g) Jalna Greek Yoghourt

Micro herbs, to serve (optional)

Make labne by draining yoghurt overnight in a strainer lined with muslin cloth, a teatowel or Chux over a large bowl. Reserve whey for other recipes (see tips).

Preheat oven to 210°C/190°C fan forced. Toast the mixed seeds and coriander seeds in a dry frying pan until fragrant and lightly coloured. Set aside to cool.

Cut the green tops off the carrots leaving a 2cm stalk on each one. Reserve a generous cup of carrot leaves from the carrot tops, discarding the stalks. Large carrots could be cut in half lengthways, to even out the cooking time.

Toss the carrots and onion in oil, season and bake for 15-25 minutes (depending on size), until tender and golden.

Meanwhile, make the pesto. Puree the carrot tops, basil, garlic, mixed seeds, coriander seeds, honey and lemon juice, until the mixture forms a paste.

Add the parmesan and Jalna yoghurt and puree briefly until combined. Add extra yoghurt, olive oil or water if a thinner consistency is preferred.

Toss some pesto with carrots and onion, with extra lemon juice, salt and pepper, to taste.

Serve on a platter with labne and extra pesto on the side.

Tips - Substitute mixed seeds with nuts (e.g. almonds, cashews, pine nuts); add rocket or other herbs (eg. mint, parsley).

Whey, the liquid left after making labne, can be used to soak and culture grains and legumes which makes the nutrients more bioavailable, or use whey in soups, dressing and drinks. Whey can be refrigerated for 1-2 weeks or freeze.



Harissa Roasted Eggplant with Lentil & Herb Yoghourt

Serves 4 Prep time 25 minutes / Cooking time 40 minutes

2 teaspoons harissa paste
¼ cup (60mls) +
1 tablespoon olive oil
1 small brown onion,
peeled, finely diced
2 cloves garlic, peeled, crushed
1 cup (200g) green lentils, rinsed
3 cups (750mls) vegetable
stock or water
1 tablespoon chia seeds
2 teaspoons lemon juice
Salt and cracked black pepper
600g medium size eggplant,
halved or cut into 1cm slices
Pomegranate seeds, to garnish
Micro herbs, to serve (optional)

Herb Yoghourt

1 cup (250g) Jalna
Greek Yoghourt
¼ cup fresh mint leaves,
finely chopped, plus extra
to serve
1 tablespoon lemon juice
Salt & cracked black
pepper, to taste

Combine harissa paste with ¼ cup oil to allow flavours to develop. Heat a medium saucepan over moderately high heat. Add 1 tablespoon oil, add onion and garlic and cook, stirring often, until just softened, about 5 minutes.

Add lentils and stock and bring to the boil. Reduce heat and simmer, partially covered, for 20 minutes, or until lentils are just cooked.

Stir in chia seeds and lemon juice, salt and pepper to taste and leave covered for 10 minutes or until chia has softened and absorbed any excess liquid.

Meanwhile, brush eggplant on both sides with harissa oil. Chargrill eggplant for 2-3 minutes each side or until golden and tender.

Make the Herb Yoghourt by combining all ingredients.

Serve lentils topped with eggplant and dollops of herb yoghurt, pomegranate seeds and extra mint leaves.

***Tips** - Eggplant could also be baked in a moderately hot oven (200°/180°C fan forced).*

Use Lebanese eggplants, cut in half lengthways.

Eggplant is the voluptuous purple beauty whose skin is rich in anthocyanins, the powerful phytochemicals that help protect the brain and heart from free radical damage. Good source of dietary fibre, potassium, Vitamins B6 and C. It has a luxurious texture and works very well with Middle Eastern and Mediterranean herbs and spices.



Sauteed Mushrooms, Silverbeet & Chickpeas with Yoghourt and Turmeric Dukkah

Serves 4 Prep time 30 minutes / Cooking time 20 minutes

1 tablespoon olive oil
1 small onion, peeled, thinly sliced
3 large cloves garlic, very thinly sliced
200g mixed mushrooms (eg. shiitake, oyster, king brown), wiped, sliced
1 bunch silverbeet, leaves coarsely chopped
400g can chickpeas, rinsed and drained
1 medium red chilli, seeded, finely chopped or chilli flakes (optional)
½ cup (125g) Jalna Greek Yoghourt, plus extra to serve
Salt & cracked black pepper, to taste
Spiced turmeric dukkah mix, to serve (see Tips)

Heat a large frying pan over a moderately low heat. Add oil, onion and garlic and saute, stirring often, until softened but not browned, about 5-6 minutes.

Increase heat to moderately high, add sliced mushrooms and cook for 2-3 minutes until just softening, stirring occasionally.

Add silverbeet, in batches and cook until just wilted. Stir in chickpeas, chilli, yoghurt and seasoning, and warm through, without allowing it to boil.

Serve with extra dollops of yoghurt, sprinkled with spiced turmeric dukkah mix.

***Tips** - Substitute silverbeet with kale or rainbow chard. Spicy dukkah & turmeric mixes are available from selected food stores (we used Table of Plenty Spicy Dukkah).*

Mushrooms With more than 2000 edible varieties, they enhance the flavour of many dishes with their umami taste, a savoury flavour naturally present in mushrooms. They are low in kilojoules and a good source of essential vitamins and minerals – B2, B3, B5 biotin, copper, chromium and selenium. Mushrooms exposed to sunlight (or the UV light in sunlight) naturally generate vitamin D: some of these mushrooms provide a day's supply of vitamin D in just one serve.





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A little pot of purity