

Nutrition Snippet

BEAUTIFUL BROCCOLI STALKS



Did you know you can use the stalks as well as the florets?

High in fibre and vitamins broccoli stalks are a nutrient powerhouse!

Chop them up and use in a stir fry, add to a soup or toss them in a salad rather than throwing them out!

For these recipes and more visit:
[healthy-lunchbox.com.au](https://www.healthy-lunchbox.com.au)



Cancer Council
Healthy Lunch Box