



SEASONAL  
KITCHEN

# BRUSSELS SPROUTS

## DID YOU KNOW?

Brussel sprouts are tiny but mighty. They're packed with vitamin K and vitamin C – just half a serving gives you about 90% of your daily vitamin K. That's a huge boost for building strong bones while you're growing.

Think of vitamin K as “bone glue” that helps keep your skeleton tough and healthy, and vitamin C as your immune system's secret weapon to help you fight off germs and stay energised.