



### **Get fresh with mint!**

This aromatic plant is more than just a garnish. Although only consumed in small amounts, mint contains Vitamin A, B2 and C, as well as zinc and calcium. It also has calming properties and therefore can be used to treat headaches, nausea and anxiety.

Fresh mint always tastes the best. To lengthen its lifespan, trim the stems, cover the leaves with a plastic bag and store in the fridge.

This fragrant herb, with its slightly sweet flavour, has a refreshing aftertaste that helps salads, smoothies and juices come alive!

***VIS Sports Dietitian, Kylie Andrew***