

What's cooking... IN JANUARY

Size does matter!

Somewhere along the way, we have decided bigger is better, but the British Hen Welfare Trust is encouraging us to reconsider size when buying eggs. Large and extra-large eggs carry health risks for hens and making the switch to small or mixed weight not only protects the animals, but also means farmers get a fairer price for each egg laid. Enjoying eggs at their natural size — without genetic modification — means a bigger yolk to white ratio. It's win-win.

Visit bhwt.org.uk for more info



On the pulse

We adore Merchant Gourmet's Plant Jars. They make the easiest meal for meat-free Monday, or any day! With four varieties — Lentil Madras Curry, Lentil Chilli, Puy Lentil Bolognese and Thai Green Curry with Green Chickpeas —



you're spoilt for choice. Keep the beautiful jar afterwards for salad dressings, storage etc. **£3.50 for 330g, Waitrose, Sainsbury's and Ocado**



Savvy snack

At just 90 calories each and with 10g of protein, Fibre One protein bars are an ideal pick-me-up during that mid-afternoon slump. It helps that they taste great too! Choose from Caramel or Cookies & Cream.

£2.89 for a pack of 3, supermarkets nationwide



Pie high

The Slimming World Keema Cottage Pie is comfort food, but not as you know it. This twist on a family favourite features a mildly spiced beef curry topped with sweet potato mash. It cooks from frozen in as little as 13 minutes, making it a great standby for those nights you don't fancy cooking from scratch.

£3.50 for 500g, Iceland

Yummy YOGURT

In a UK first, and with a view to becoming fully carbon neutral by 2025, The Collective has added a carbon-neutral yogurt to its range, by offsetting all the emissions created during its production. Unsweetened and made from natural ingredients, it comes in peach & mango, blackberry & blackcurrant or strawberry & vanilla, in a pot made from recycled materials.

£1.75 for 450g, Sainsbury's and Ocado



Choc therapy

Curl up with a mug of Lindt's new hot chocolate and feel any January blues melt away. It doesn't contain milk powder so you can be sure of an intense chocolate flavour, and they've even found a clever way to make it more soluble — so no more lumps!

£4 for 300g, Tesco, Amazon, Ocado and lindt.co.uk

