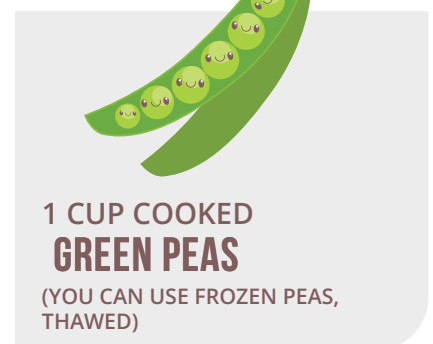


Vitamin A PASTA

INGREDIENTS:



+ A PINCH OF SALT AND PEPPER, TO TASTE

1



Finely chop parsley, spinach, and basil.

2



Add the chopped greens, garlic, and pine nuts (or sunflower seeds) to the blender and pulse until finely chopped.

3



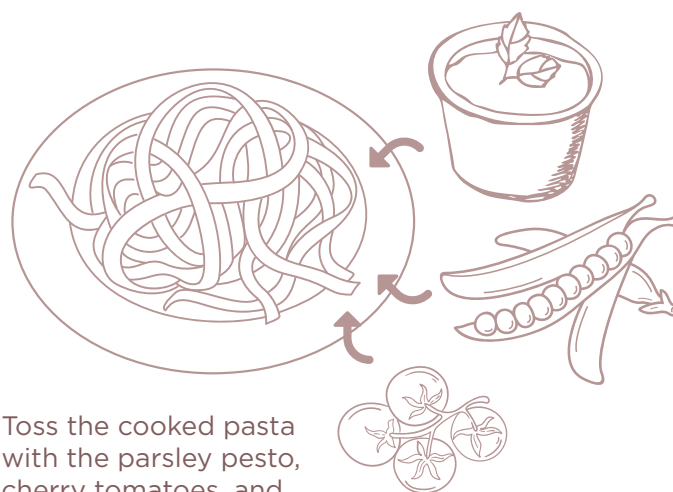
Slowly drizzle in the olive oil while blending until you get a smooth and vibrant pesto sauce. Season with salt and pepper to taste.

4



Cook your favorite pasta until al dente. Drain.

5



Toss the cooked pasta with the parsley pesto, cherry tomatoes, and green peas.

Vitamin A
PASTA

FOODS LIKE *parsley, spinach, and basil* ARE RICH IN VITAMIN A



Vitamin A
PASTA

DID YOU KNOW THAT VITAMIN A IS *super important* FOR YOUR BODY?

IT HELPS:



KEEP YOUR VISION SHARP



YOUR SKIN AND HAIR HEALTHY



SUPPORTS YOUR IMMUNE SYSTEM



KEEP YOUR BONES AND TEETH STRONG

