



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU IN JANUARY. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Allum Hall WD6 3PJ 17:00 – 19:00	STEVENAGE Barnwell Middle School SG2 9XT 17:30 – 19:00	HODDESDON St. Cuthbert's Church EN11 0PU 17:30 – 19:30	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 – 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 – 19:00	WATFORD St Meryl Primary WD19 5BT 17:00 – 19:00	WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 – 19:30	LETCWORTH Jackmans Community Centre SG6 2NL 17:30 – 19:30

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

HAPPY VEGAN-UARY!

The New Year is a great time to switch it up and try something different. Why not give these Crispy Cauliflower Nuggets a go as a healthy alternative to traditional chicken nuggets or turkey dinosaurs- oh, and did we mention they're vegan?!



CRISPY CAULIFLOWER NUGGETS

Ingredients:

- 450g cauliflower florets (one medium head)
- 4 tablespoons vegan mayonnaise (or regular/light mayo- it just won't be vegan then!)
- 60g breadcrumbs
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground paprika
- Salt & pepper to taste
- 2 tablespoon ketchup
- 2 tablespoon vegan mayonnaise
- 1 tablespoon sriracha (optional)

What to do:

1. Preheat oven to 200°C. Line baking sheet with parchment paper or foil and set aside.
2. In a large bowl, toss the cauliflower florets with the mayonnaise until completely coated and set aside.
3. In a small bowl, combine breadcrumbs, onion powder, garlic powder, paprika and mix well.
4. Coat the cauliflower florets in the breadcrumb mixture and place on a baking sheet.
5. Bake for 30 minutes, turning halfway.
6. For the dipping sauce, combine ketchup, mayonnaise and sriracha in a small bowl.
7. Serve with a side of your favourite veggies and enjoy!

TOP TIP

Feel free to swap out the spices for whatever you already have in the cupboard or a different combo you might like!



beezeebodies.com

BeeZee Families

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