



# Boosting immune function with food

**Here's a hearty and healthy way to start the day and give your immune system a boost. It starts with a great breakfast using beans and chilli.**

Rinse the contents of a can of five bean mix, a can of corn and a can of peas. Place all ingredients in a large casserole dish and add a can of baked beans. Add a sizeable slurp of sweet chilli sauce and mix with a large spoon. Worcestershire sauce can be added for flavour.

Cover the dish and slow cook in the oven to soften the beans and enhance the flavours. After an hour or so remove and allow to cool, then store in the fridge covered.

At breakfast re-heat a small amount, place on some wholemeal toast, and there's a healthy way to boost immune function. It will help keep the cold and flu bugs away and it tastes delicious!

**Ask your Chemist for advice.**