

Healthy Lifestyle Pasta

Serves 4

Ingredients: -

200g/8oz - coloured pasta twists, cooked and allowed to cool

100g/4oz - cooked peeled prawns, cold

6 - slices spring onions

¼ tsp - tomato sauce

1 x 325g - can sweet-corn - unsweetened and no added salt.

1 x 150ml - healthy eating natural bio yoghurt

Method: -

Combine all ingredients and mix well.

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Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

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