

# What's hot... Seaweed



Popular in Asian cultures for millennia, seaweed is now taking the UK health market by storm. As dark leafy vegetables go, seaweed is about as nutrient-dense as it gets. Packed with Calcium and Iron, seaweed is also a great source of protein and vitamin B12, especially valuable for vegan diets.

Traditionally only available in natural and powdered form it is now showing up in everything from chips, pasta and even drinks. Many chefs are now utilizing seaweed in soups and sauces, finishing oils and salts, it is also a great way for them to bring the rich umami flavour into their dishes.



**84157** – Tree of Life Organic Spirulina Powder, 250g – **RSP £8.99**



**83605** – Profusion Organic Sprouted Spelt Spirulina Tagliatelle, 250g – **RSP £3.29**



**68889** – Clearspring Nori Sushi Toasted 7 Sheets, 17g – **RSP £2.99**



**78808** – ITSU Crispy Seaweed Thins Multipack, (5g x 3) X6 – **RSP £1.99**



**87742** – Heath & Heather Organic Super Green Tea Matcha & Seaweed, 20Bags – **RSP £2.99**



**72189** – Sanchi Seaweed Miso Instant Soup, (8g x 6) x 6 – **RSP £2.82**



**75806** – Yarrah Chewsticks with Seaweed & Spirulina for Dogs, 33g – **RSP £1.54**



**88156** – Kelp Seaweed Organic Oaties Mix, 310g – **RSP £6.65**



**85782** – Together Ocean Pure Omega 3 Capsules, 30s – **RSP £13.99**