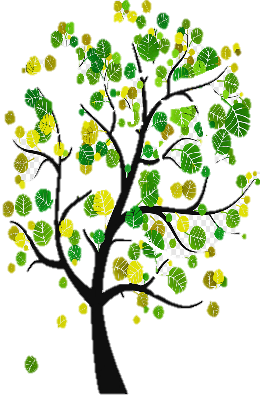
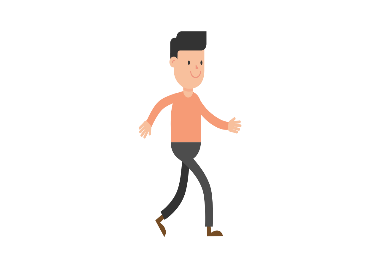


**Healthy Living News**

*Health, Wellness, Recipes, and support!*

**Hello Everyone! Welcome to the fifth edition of healthy living news. This week we would like to make the most of the last summer days, and suggest some lovely, local places to visit for short walks, while taking in the last summer rays and bright colours of summer! Why not take along a picnic, feed the ducks, or meet a friend for a socially distanced afternoon out? Following on with the ‘last of summer’ theme, this week's recipes will feature yummy picnic suggestions.**





**GO WALKING**

Castle gardens is a peaceful green space on the outskirts of the city centre, beside the Grand Union Canal. Easily accessible on foot from the city centre, a perfect place to walk around the lawns and flowerbeds, or to enjoy a picnic overlooking the canal.

**Address: 20, the Newarke, Leicester, Le2 7BY**





Sitting just off Hinckley road, with ample parking and on many bus routes (First: 13, 18 Arriva: 152, 153, 158) just a few minutes from the city centre, is Leicester’s largest park Western Park.

This Victorian park has meadows to explore, a woodland walk and footpaths for long or short walks to enjoy while taking in the scenery and getting those steps in!

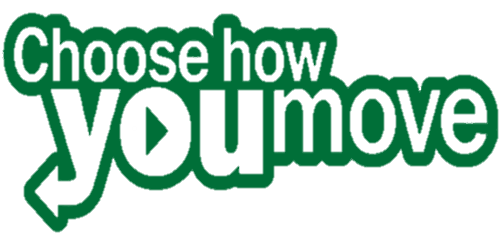
**Address: Western Park, Hinckley Road, Leicester, Leicester, LE3 6HX**

***Can you walk the walk?***

Follow these top tips for improving balance, posture, and coordination when walking.







Visit www.choosehowyoumove.co.uk, select ‘WALKING’ from the top of the page, and scroll down to WALK INSPIRATION to view videos of virtual walks, and route maps, which aim to inspire the public to enjoy local walks in their community.

**Pack up a picnic!**

Preparing a healthy picnic doesn’t mean you have to miss out on delicious treats!

With some simple ingredients, you can make a yummy picnic to enjoy outdoors.



Bite size savoury egg muffins

Ingredients (serves 2)

* Low calorie cooking spray
* 125g chopped mushrooms
* 60g lean ham
* 2 spring onions, finely diced
* 4 eggs
* 2tbsp milk



Method

1. Preheat your oven to 200°C/fan 180°C/gas 6
2. Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat.
3. Fry the mushrooms for 10 minutes or until golden. Stir in the ham and spring onions.
4. Put the eggs and milk in a bowl, and whisk well.
5. Spray 8 holes of a non-stick muffin tin with low-calorie cooking spray. Spoon in the mushroom mixture and pour in the eggs. Bake for 20-25 minutes or until golden and slightly risen.
6. Leave to cool slightly before easing the muffins out of the tin, then leave to cool fully before placing in a Tupperware container, ready for an al fresco lunch!



Crudités and dips to go



**Jam jars are a great way to store crudités and a delicious homemade dip! Simply chop up carrots, peppers, celery or cucumber into 1cm crudités, and pop on top of your homemade dip in the jar, tighten the lid and it is ready to go.**



Creamy feta and pesto dip

Ingredients (serves 4)

* 125g crunchy peanut butter
* 2 tbsp. reduced salt soy sauce
* ½ lime, zested and juiced
* 1 tsp brown sugar
* 1 tsp lazy garlic 1 tsp ginger, grated or dried
* 4-5 tbsp. water

Method

Simply add all ingredients except the water in a bowl, stir in the water 1tbsp at a time until it makes a looser dip consistency.

Satay dip

Ingredients (serves 4)

* 100g light soft cheese
* 200g feta cheese
* 2 tbsp. pesto from a jar.

Method

Simply mash the feta cheese with a fork, and stir in the soft cheese and pesto.

**Keep in touch - we would love to hear your suggestions! If there is a certain activity you fancy trying, or learning how to cook a certain dish, please get in touch!**

***Email:*** [***info@nortonhousingandsupport.org.uk***](mailto:info@nortonhousingandsupport.org.uk) ***or find us on Facebook: @NortonHousingAndSupport***

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