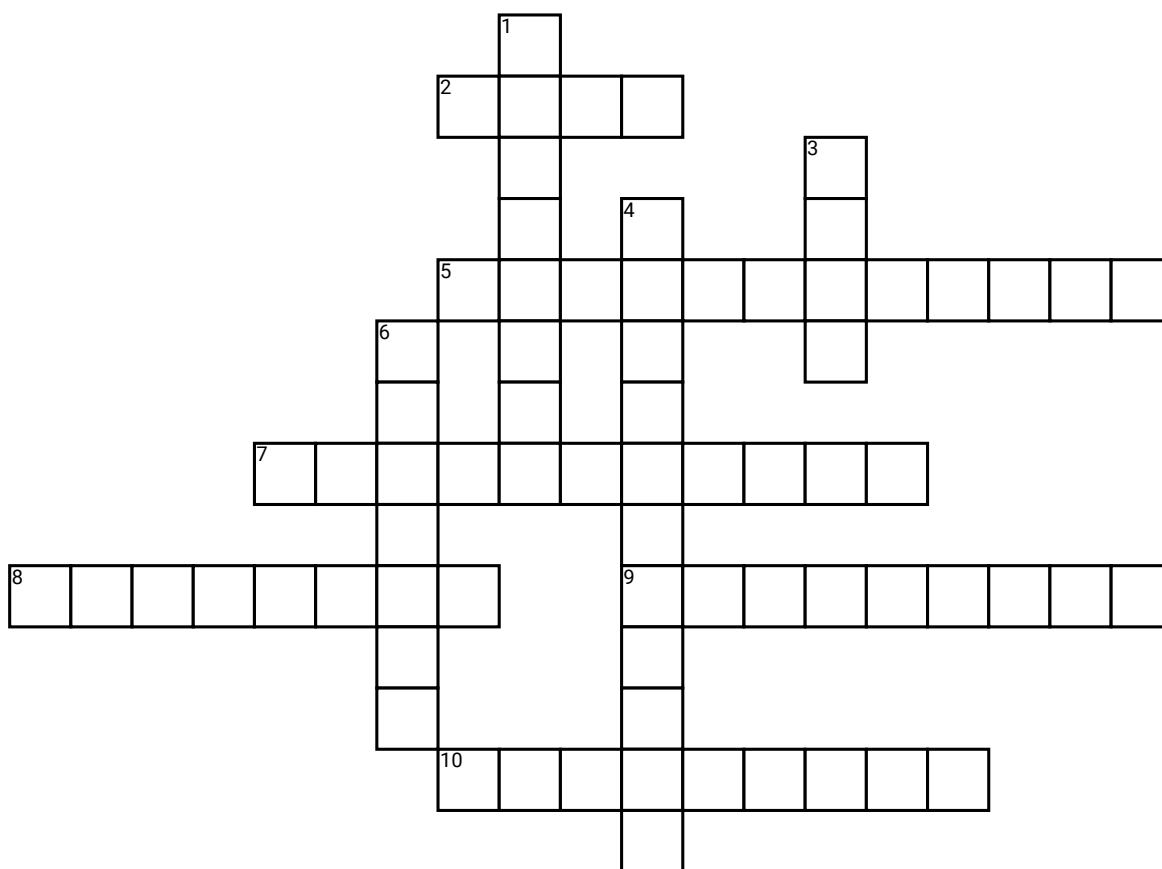


CARB SWAPS



Across

2. This vitamin A rich vegetable makes a great alternative to crisps and popcorn (4)

5. This very absorbent low carb flour alternative is also a good source of potassium and magnesium (7,5)

7. A versatile vegetable commonly used to make low carb mash and rice (11)

8. Use this knobbly vegetable as a swap for roast potatoes, chips and potato dauphinoise (8)

9. Thinly slice or spiralise to make low carb lasagne sheets and spaghetti (9)

10. Swap sugary jam for low carb berries stewed with these omega-3 packed seeds (4,5)

Down

1. Firm Greek cheese makes a crispy low carb alternative to chips (8)

3. Crunchy and low carb, a mix of these makes a great low carb snack (4)

4. Whip up and mix with cocoa powder or berries for an indulgent low carb mousse (6,5)

6. This vitamin K rich low carb fruit makes a great low carb dessert alternative stewed with Greek yoghurt or cream (7)