

We hear so much about "five a day"™, so I don't need to tell you that we're talking about a balanced diet, do I? Now, five a day seems easy but, with our busy lifestyles, just how do we find time to combine these "must have"™ nutrients? Well, I've found it! And the amazing thing is that your "five a day"™ fix can be ready in fifteen minutes and also made in advance. And the beauty of it is that you can adapt the "five a day"™ fix to your taste, so the ingredients are not set in stone. Go on. Have a look. It's gazpacho and some of my own personal variations, so that this simple to make "must have"™ will suit adults and children alike. Not only does it give you all of those important nutrients in one fell swoop but it can also be enjoyed by those who are on a calorie-controlled diet. This one thousand six hundred word report will give you just the right amount of information for you to know that gazpacho in your diet makes sense. Go on. Have a look and have fun adapting the main ingredients to suit yourself, while still sticking within the five a day (or even more) rule.

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