Website Resources- Recipes Page

Heading	Links
Heart Healthy Recipes	https://www.heartandstroke.ca/healthy-living/recipes
Half your Plate Fruits and Veggies	https://www.halfyourplate.ca/recipes/
Mediterranean Recipes	https://oldwayspt.org/recipes/search?keys=&diet%5B%5D=96&items_per_page=12
Cooking with Tofu	https://desireerd.com/the-health-benefits-of-tofu/
Unlock Food Family Recipes	https://www.unlockfood.ca/en/Recipes.aspx
Balanced Recipes for Type 2 Diabetes	https://www.diabetes.ca/nutrition---fitness/recipes?Categories=&MealType=&SearchText=&Sort=&Page=1
Canola Eat Well	https://canolaeatwell.com/recipes/
Foodland Ontario	https://www.ontario.ca/foodland/recipes
Cooking with Lentils	https://www.lentils.org/recipes-cooking/
Cooking with Beans	https://ontariobeans.on.ca/recipe/white-bean-panzanella-salad/
Cooking with Beans made easy!	https://cannedbeans.org/
Cooking with Pulses	https://ontariobeans.on.ca/recipe/white-bean-panzanella-salad/
Chia seed pudding	Chia pudding - https://downshiftology.com/recipes/how-to-make-chia-seed-pudding/
Chia seed jam	chia seed jam - https://www.thekitchn.com/how-to-make-easy-chia-jam-with-any-fruit-222310
Dairy Recipes	https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes
Healthy Lunch Box Ideas	https://healthylunchbox.com.au/

New website additions