



SEASONAL  
KITCHEN

# PARSNIPS

## DID YOU KNOW?

Parsnips love the cold weather – they actually get sweeter after the first frost! The cold converts their starches into natural sugars, giving them a richer, caramelised flavour when roasted.

Parsnips are a great source of fibre. Just one portion of parsnips contains about 6-7g of fibre, which is over 20% of your daily fibre needs. This can help you stay fuller longer and feed healthy gut bacteria.