



*Targeted effective relief from abdominal
cramping, pain & discomfort*

Roasted Autumn vegetables

As a side-dish or a hearty main course, this flavoursome dish is perfect for the colder months. Serves four.

- 200 g (7.05 oz) potatoes
- 200 g (7.05 oz) pumpkin
- 300 g (10.58 oz) sweet potato
- 150 g (5.29 oz) turnips or parsnips
- 150 g (5.29 oz) onion
- 3 cloves garlic
- 1 teaspoon rosemary
- 1 teaspoon marjoram
- 1 teaspoon thyme
- 50 ml (1.7 oz) olive oil
- Sea salt



1. Heat oven to 400°F/200°C.
2. Peel and chop vegetables into 2cm cubes and place in a roasting pan.
3. Toss the vegetables with the olive oil and salt.
4. Roast for 30 minutes, then scatter the garlic cloves in with the vegetables and stir briefly. After a further 20 minutes, add herbs and stir again.
5. Serve when evenly browned and tender.