

Herbs Are Your Best Friend

Herbs hit that sweet spot perfectly where health and taste meet. These piquant leaves of parsley, pepper corn, basil, thyme, oregano, chives, dill, etc. not only add tempting aroma and robust flavour to the food but also have incredible health benefits. Herbs are not mere garnishes, make them a major culinary ingredient of your food and indulge into a healthy pool of taste.

The human race is using herbs since ancient times for their medicinal properties, mostly concentrated into teas and tinctures. Later, we realized their healthful value as a food ingredient and started using them in our food. Herbs allow you to cut back on salt by adding a burst of flavour to the food without sacrificing taste. Several herbs like parsley, thyme, basil, etc. have significant amounts of essentials like vitamin A, B6, C, K and minerals like magnesium, iron, and manganese. The substance behind the healthy nature and flavour of the herbs are polyphenols- a plant compound with potent antioxidant and anti-inflammatory effects. Polyphenols are known to combat diseases like cancer, heart disease, Alzheimer's, diabetes, etc. and keep us healthy.

When you look in the market for the best quality culinary herbs, Fruits & Vegetables, Mushrooms, etc. then there is no other name as trusted as Flex Foods Ltd.

Treat your body as a temple and keep it healthy. Remember, it is the only place you have to live in and there is no option of changing your body. Eat Healthy! Stay Healthy!