

Limited edition GLORIOUS! Greens soup aids your New Year detox

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Leading food manufacturer GLORIOUS! Soups has added a super healthy limited edition GLORIOUS! Greens soup to its portfolio, perfect for the post-festive season.

Bringing together protein-rich broccoli, the immunity-boosting benefits of coconut, the sweet flavour of mango and a handful of iron-rich spinach, GLORIOUS! Greens is the ideal aid for a short-term detox.

Nutritionist and Nic's Nutrition blogger Nichola Whitehead commented: "GLORIOUS! has struck gold with the sumptuous combination of coconut and mango with nutrient-rich spinach in the new Greens soup. Although your body 'detoxes' itself on a daily basis, it's good to give it a helping hand by cutting down on food devoid of nutrients such as cakes, biscuits, sweets and sugary drinks as well as caffeine and alcohol that we typically over indulge on over the festive period, and increasing our intake of foods rich in nutrients."

Only available from January to March 2017, the Greens soup has the lowest ever calorie content from a Glorious! soup at just 57 calories per portion. In addition, it is rich in protein, low in fat, high in fibre, gluten free, vegan friendly and if that wasn't enough, half a 600g pot is worth 1 of your 5 a day.

Brand and Category Innovation Manager at GLORIOUS!, Claire Roper said: "Although studies show we are opting for a more balanced diet than ever before, January is still the perfect time to cleanse and revitalise your system after indulging. Rather than denying ourselves taste and flavour, consumer trends show we are opting for fresh flavours and a rainbow of vegetables this winter. Broccoli, coconut, mango and spinach all help restore energy and increase vitality.

"With our recent study showing that soup is officially the UK's favourite comfort foods, eating our GLORIOUS! Greens soup is the perfect way to get that feel-good comfort food boost whilst also being healthy."

The exclusive GLORIOUS! Greens soup pots (600g) are available for a limited period from January 9, 2017 to March 2017 in Sainsbury's, Morrisons and Ocado. They are available from February to March in Asda.

About Glorious Soups

www.gloriousfoods.co.uk

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Images:

1. <https://cdn.journalink.com/media/image/full/https://journalink-static.s3.amazonaws.com/releases/570e03dbb9e0485cc10d82ce4db5f48a.jpg>

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