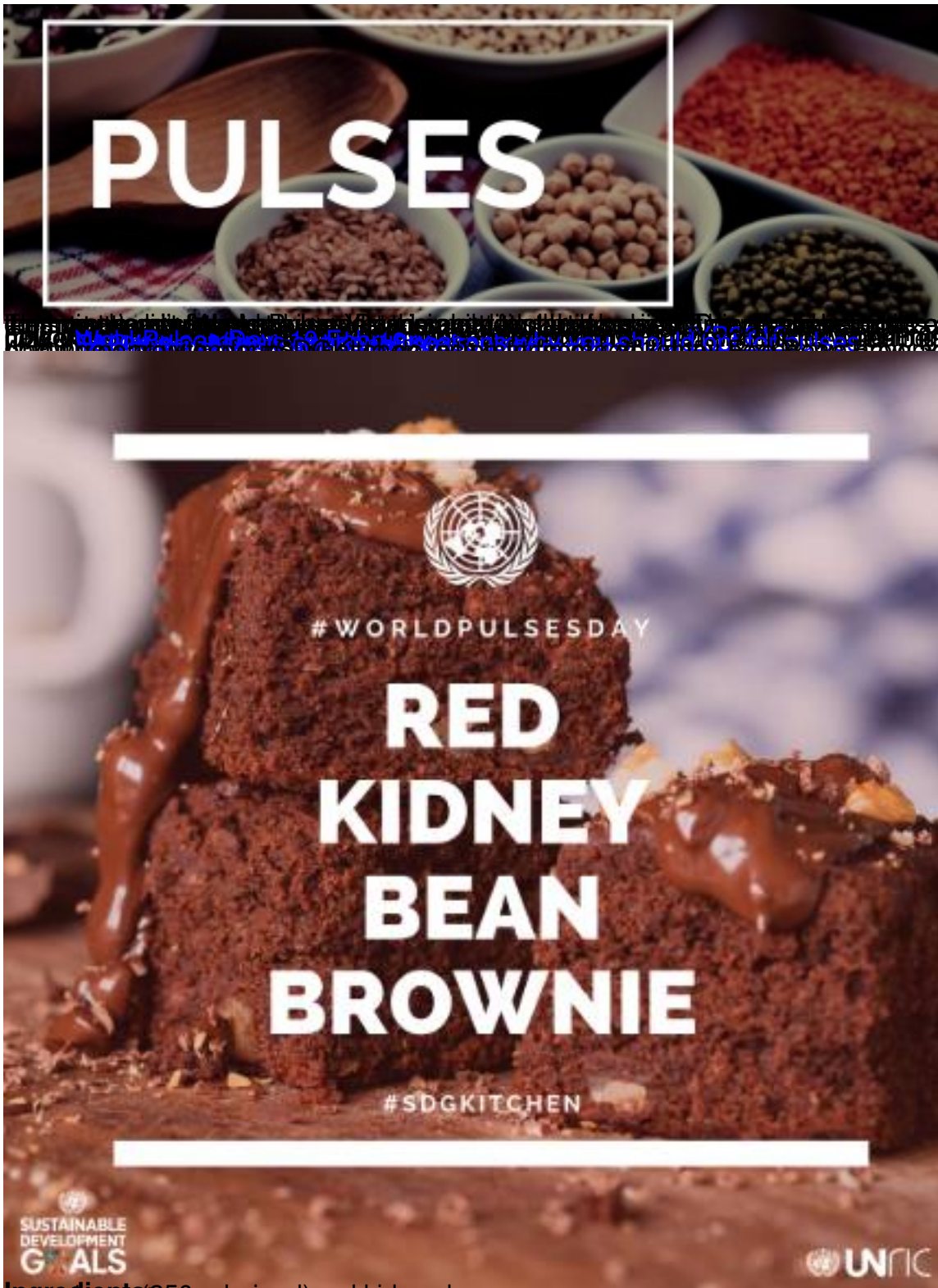




Pulses are good for you, beneficial to farmers' livelihoods and have a positive impact on the environment. That's the key message from today's World Pulses Day observance and with it an acknowledgement that more and more people are paying closer attention to the nutritional benefits of what they eat, the ecological and sustainable choices in where food comes from and how it is made.

Over the next few weeks, our **#SDGKitchen series** focuses on sustainable cooking, looking at the ingredients we use, waste and food preparation. What we eat as well as the methods we choose to cook and harvest our food, affects our individual health and that of our planet. By cooking sustainably we can contribute to achieving the [sustainable development goals](#)



related to the goal of
great structures

Ingredients (250g drained) red kidney beans,
Instructions: Blend all ingredients in a food processor until completely smooth,
Tip: Use a food processor to make the brownie green.