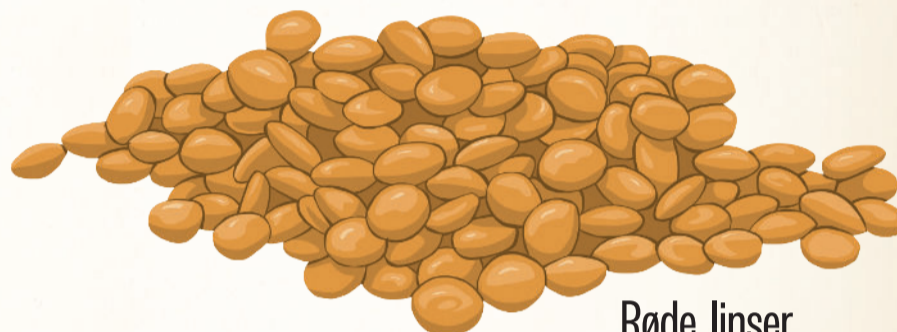


# Spis flere bælgfrugter



Borlottibønner



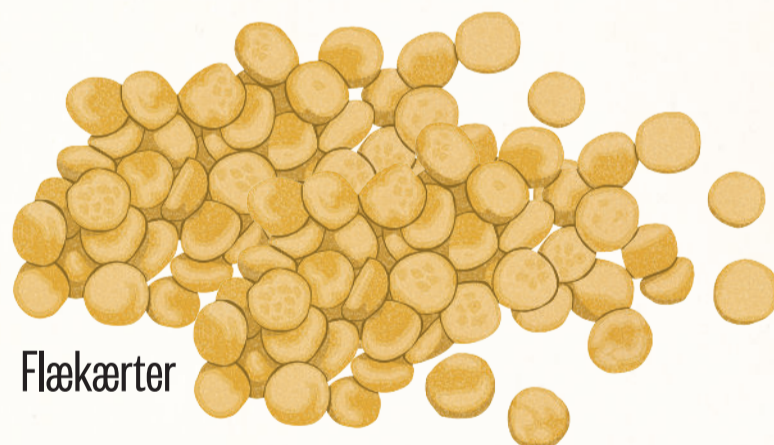
Røde linser



Kidneybønner



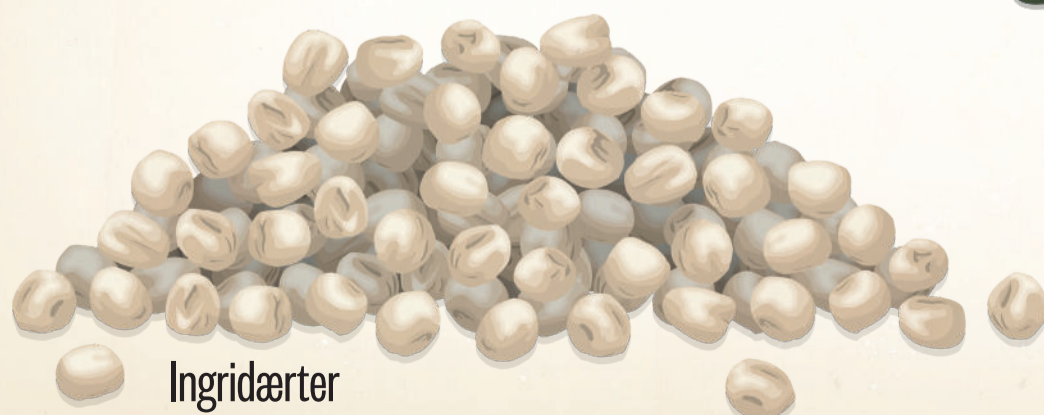
Kikærter



Flækærter



Puy-linser



Ingridærter



Gråært

**SPIS  
SUNDERE  
DK**  
Rådet for  
sund mad

Bælgfrugternes Dag 2023 | Tegninger af Rasmus Juul Pedersen