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**Chick’n Soup For the Soul…and Veganuary**

***BOL’s new plant-based soup uses Jackfruit, but tastes just like a traditional chicken soup***

Taking part in Veganuary doesn’t have to mean that you miss out on your favourite comforting meals any more.

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More than just a winter warmer, this protein boosting Power Soup offers all the cosy flavours of your childhood favourite, but with 2 of your 5-a-day, and 13 grams of plant-powered protein. With our innovative addition of shredded jackfruit, alongside hearty potato, butternut squash, leeks, and cannellini beans, plus a classic mix of herbs, the creamy soup has all the hearty texture you’d expect, alongside fibre, magnesium, potassium and antioxidants aplenty.

After all, it wouldn’t be a power soup without some plant-power.

BOL also has a host of delicious new recipes to help you enjoy Veganuary, including **Vanilla, Almond & Oats Power Shake**: a nutritionally complete meal, bottled, and a **Chickpea Masala Dinner Box** which packs all the tastes of takeout but with 17 grams of protein, 17 grams of fibre and forkfuls of fresh, plant goodness.

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**ENDS**

**For more info, a delivery of BOL to your doorstep, or any images, please get in touch with Clemmie at** [**clemmie@anecdotepr.com**](mailto:clemmie@anecdotepr.com)

**About BOL** **Foods** BOL promises never to be boring, never to compromise on taste or quality and to always use business as a force for good. 100% plant based, our meals are completely natural, high in plant protein and contain up to 3 of your 5-a-day, as well as always being delicious and nutritious. BOL foods now has six product ranges: Veg Pots, Power Pots, Posh Noodles, Power Soups, Dinner Boxes, Centrepieces & sharing Bites and Salad Jars which are available nationwide. BOL has long focused on a triple-bottom line (people, planet, and profit) and as member of B-Corporation strongly believes in and practices business as a force for good.

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