CREATIVE WAYS TO EAT MORE VEGETABLES

Need to boost your veggie intake? Get creative by adding these vegetable-based ideas to your daily meals:

vegetable soups

green smoothies

tray bakes

veggie noodles

zucchini lasagne

cauliflower pizza crust

vegetable omelette

vegetable muffins

frittata

lettuce buns/wraps

vegetable kebabs

vegetable burgers

salads

stuffed capsicum

cauliflower rice

vegetables & dip

veggie chips

vegetable hash

vegetables in sauces

vegetable stirfry

baked beans on toast

vegetable casseroles

lentil bolognese

savoury oatmeal

egg, mushroom & spinach on toast

Be Well Nourishment

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