

More Fruits and Veggies, Please!



Blend a variety of fruits and vegetables together to make a sweet smoothie.



Recreate the chip!
Try thinly slicing and baking sweet potatoes or kale to create a healthy, crunchy snack.



Dip raw vegetables in hummus or low-fat dips for a nutrient-rich flavor.



Saute onions and add low-fat cheese and cooked meat. Then stuff tomatoes, bell peppers, or mushroom caps with filling and bake for 15 minutes.



Mix fruits and vegetables together in a spinach salad and toss in a citrus vinaigrette.



Grill zucchini, squash, or pineapple long enough to become soft. Drizzle some olive oil and sprinkle some oregano or paprika to add more flavor.



Add bananas, apples, peaches, or blueberries to oatmeal in the morning.



Dice vegetables to add into casseroles or on top of pizza.



Raw, frozen, or canned -- any form of fruits and vegetables is better than none at all!