



# 5 WAYS TO SNEAK MORE FRUITS & VEGGIES INTO YOUR DIET



1

Add spinach! Spinach in moderation is almost undetectable, particularly in fruit smoothies where the fruit will dominate the flavor. Throw a few leaves into your next smoothie or pasta sauce.

2

Adding grated carrots or zucchini to baked goods not only increases your veggie intake but also helps keep muffins, cakes, and other baked goods moist.

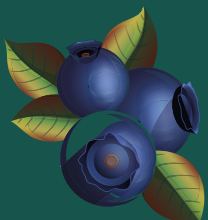


3

Puree cooked veggies and add to soups, sauces (pasta, enchilada, etc.), and baked goods. Cauliflower blends well into mac and cheese and fruit purees are great for brownies.

4

Make juice pops! Blend some of your favorite fruits with yogurt and freeze to make yummy juice pops.



5

Add berries to pancakes, waffles, and muffins. Besides being a great source of fiber, berries top the charts as a source of antioxidants. They also help reduce inflammation.