

Sneaky Ways to Add More Veggies to Meals

Add to Smoothies

Add Spinach, Avocado or Kale to smoothies. Give it a fun name like "The Green Monster Smoothie" for little ones



Add to Baked Goods

Add shredded carrots, zucchini or pureed pumpkin to muffins, cakes and other baked goods. Add pureed sweet potato to pancake mix



Disguise in Main Dishes

Add mushroom's, bell pepper and zucchini to spaghetti sauce. Add mashed butternut squash to macaroni and cheese or add a mix of veggies to hamburger meat.



Sneak into Side Dishes

Add mashed cauliflower to mashed potatoes, grate cauliflower and add to rice or roast up some sweet potato or zucchini "french fries".

