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!