



Easy Tips to Add More Fruits & Vegetables!

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BREAKFAST



Add blueberries to pancakes, waffles or muffins. Bonus: Sneak in grated carrots or zucchini for extra veggies.



Make a smoothie with frozen fruit, yogurt and milk of your choice. Bonus: Add spinach to the smoothie – you won't even taste it!



Mix raisins, diced apples or banana slices into oatmeal



Add bell peppers, onions, spinach, broccoli, and/or tomatoes to an omelet or scrambled eggs



Top a toasted waffle with warmed applesauce + cinnamon



Add diced bell peppers and onions to hash browns



Top a pizza with mushrooms, bell peppers, onions, or pineapple

LUNCH & DINNER



Add mushrooms, bell peppers, onions, or diced carrots to pasta sauce



Place tomato slices on a grilled cheese sandwich

Load up a sandwich or wrap with avocado, greens, tomatoes, cucumbers, etc.



Add some extra mixed vegetables to soup



Add apples, grapes, or raisins to chicken salad



Roast fish under a layer of lemon, orange, or lime slices



Add layers of frozen spinach or eggplant to lasagna

SIDES & SNACKS



Top a small baked potato with salsa



Keep sliced or prepared raw veggies – carrots, celery, cucumbers, broccoli, cauliflower, etc. – and dip in hummus or ranch



Mix fresh fruit and a little granola or nuts into plain or vanilla Greek yogurt



Slice a sweet potato, toss with some olive oil, lightly season, and bake to make sweet potato chips. Bonus: Dip in salsa or guacamole

DESSERTS

Choose a small scoop of ice cream and top it with sliced bananas and/or berries



Enjoy a baked apple topped with raisins and topped with a drizzle of caramel sauce



Grill fresh peaches or sliced pineapple and drizzle with honey



Dip strawberries in whipped cream and top with a few mini chocolate chips

