



8 SNEAKY WAYS TO SERVE VEGGIES

Got picky eaters? Pick your battles!
Slip veggies into everyday meals with
these clever tricks.

FROZEN AVOCADO

Fill your smoothies with it...
Or layer it into healthy chocolate pudding!

FINELY SHREDDED CARROTS

Slip them in healthy muffins...
Or stir them into soup or tomato sauce!

PURÉED CAULIFLOWER

Pack it into mac and cheese...
Or put it in mashed potatoes!

FINELY SHREDDED ZUCCHINI

Sneak it into ground turkey meatballs...
Or slide it into a whole-grain quick bread!

Get more clever ways to instill healthy habits at

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