



8 WAYS TO INCORPORATE MORE VEGGIES

5. Throw Them on the Braai:

- Create vegetable kebabs with chunks of capsicum, zucchini, mushroom, and eggplant for grilling.
- Corn cobs with olive oil and smoky paprika are delicious when chargrilled.
- Quickly grill vegetables like asparagus, broccolini, mushrooms, capsicum, and zucchini on the braai plate to serve with your main meal.



6. Top a Pie with Veggies:

- Use mashed cauliflower as a healthy alternative to pie topping for a unique twist.





7. Add Them to Smoothies:

- Baby spinach can turn your smoothie green without affecting the taste when combined with strong flavors like banana, cinnamon, or peppermint essence.
- Cucumber, celery, and carrot blends can be paired with fruit like oranges or strawberries.

8. Incorporate Them into Curries and Soups:

- Zucchini, broccoli, snow peas, carrot, and capsicum work well in curries.
- Adding more veggies to your dish stretches the meal and reduces calories.
- Soups are a fantastic way to add lots of vegetables during the winter months.
- The more vegetables you include, the larger the serving you can enjoy!



Remember, you can get creative with your recipes and mix and match your favorite veggies to discover new flavors. Enjoy your meals and stay healthy this season!