

30 Ways to Sneak More Fruits and Veggies into Your Diet

Breakfast

1. Add blueberries to pancake, waffle, or muffin batter
2. Mix raisins, diced apples, or dried apricots into oatmeal
3. Add bell pepper, onion, spinach, broccoli, or shredded carrots to a morning omelet
4. Make a smoothie with frozen fruit, non-dairy milk, spinach or kale, and pitted dates
5. Mix fresh fruit and granola with non-dairy milk or 100% orange juice
6. Add bell peppers and onion to hash browns, serve with a little ketchup on the side
7. Top a toasted waffle with warmed, unsweetened applesauce



Lunch and Dinner

8. Top a pizza with mushrooms, bell peppers, onions, or pineapple
9. Put a slice of avocado or guacamole on a regular sandwich
10. Add mushrooms, peppers, onions, or diced carrots to spaghetti sauce
11. Place slices of tomato and spinach in a grilled cheese sandwich
12. Add some extra mixed vegetables to soup
13. Replace the jam on a peanut butter sandwich with sliced bananas
14. Add apples, grapes, or raisins to chicken salad
15. Add 1 cup of lettuce and cucumber slices to a turkey sandwich
16. Top pork chops with apples, pears, or raisins
17. Roast fish under a layer of lemon, orange, or lime slices
18. Add layers of frozen spinach or eggplant to lasagna
19. Add broccoli or diced pepper to macaroni and cheese

Sides and Snacks

20. Top a baked potato with salsa
21. Use hummus instead of salad dressing as a dip for crackers and veggies
22. Use applesauce to replace half of the oil in any baking recipe
23. Use steamed collard greens leaves as a tortilla to roll up beans, guacamole, and salsa
24. Slice a sweet potato, toss with a little olive oil, season as you wish, and bake to make sweet potato chips
25. Mix dried fruit with nuts and seeds of your choice
26. Blend cooked cauliflower into mashed potatoes



Dessert

27. Choose fruit sorbet instead of ice cream
28. Enjoy a baked apple stuffed with cinnamon, raisins and a drizzle of raw agave nectar
29. Roast pears with honey and a sprinkling of ginger
30. Savor frozen fruits for a low-calorie frozen treat

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