The simplest way
...to disguise vegetables.

Can’t get the kids to go near the greens? Disguise is a great way to get them eating veg, without the protests!

Here’s how:

**Grate vegies into meat dishes:** carrot, zucchini, capsicum and celery work well in bolognaise sauce, meat patties, meatballs, shepherd’s pie and tacos.

**Add chopped vegies:** to quiches or omelettes – try mushroom, tomato, capsicum or zucchini.

**Blend vegies in to sauces:** puree sweet potato, pumpkin or cauliflower.

**Add extra vegies:** mushrooms, capsicum and pineapple are great on pizzas.

**Add in other root veg to mashed potato:** pumpkin and sweet potato are favourites.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.