Nutrition Snippet

BOOST YOUR VEGIE INTAKE.

Winter is a great time to add more vegies to your meals. Try these ideas:







- Classic pumpkin soup
- <u>Vegetable pasta</u><u>bake</u>
- Sweet potato curry

Discover how you can boost your family's vegie intake this season at healthymadetasty.com.au/

healthymadetasty.com.au

