

# Nutrition Snippet

## BOOST YOUR VEGIE INTAKE.

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



- Chicken cacciatore
- Shepherd's pie
- Beef casserole with cannellini beans

Discover how you can boost your family's vegie intake this season at [healthymadetasty.com.au/blog/5-nourishing-meals-to-fuel-your-winter/](https://healthymadetasty.com.au/blog/5-nourishing-meals-to-fuel-your-winter/)

[healthymadetasty.com.au](https://healthymadetasty.com.au)



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