

Nutrition Snippet

BOOST YOUR VEGIE INTAKE.

Spring is a great time to add more vegies to your meals and snacks. Try these ideas:



- Mediterranean tuna salad - a fresh no-cook meal
- Mushroom risotto bake - an easy hands-off dinner
- Beetroot & spinach bliss balls - give vegies a sweet twist

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

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Cancer Council
Healthy Made Tasty