# Spice Up Those Veggies



At the end of the day, you are in control of the amount of vegetables you consume each day.

Generally speaking, a recommended intake ranges from 1-3 cups daily. This range is typically related to characteristics such as age, gender, body composition, and physical activity. It remains important to understand what your daily requirement appears to be due to the health benefits that are associated with the proper intake.

Vegetables contain an extensive number of vitamins and minerals. This alone can assist in an overall healthier lifestyle by being the indicator for certain health benefits such as improvements in cholesterol, lowered risk of chronic disease, bettered bowel function, and more.

It's time to remove the misconception of vegetables being gross/ boring and spice it up. Vegetables do not have to be plain, raw or the main focus of your plate- search for different recipes that include vegetables unknowingly. To get started, use the ideas below that you may not have ever thought of.



# **Cauliflower**

• Locate riced cauliflower; or, finely chop cauliflowers spears yourself. Add into your oatmeal prior to microwaving mixture (easy way to squeeze in some veggies!). Plus, your oatmeal will reach more volume.



### Zucchini

 Turn that zucchini into noodles and add some pasta sauce to the mix. Low carb pasta at its finest.



# **Spinach**

• Freeze these leafy greens and throw them in your morning smoothie. The smoothie might turn green but the taste will take your mind off of the questionable color.



## **Carrots**

• Chop carrots into small pieces. Once complete, mix together with your favorite ground meat when making homemade burgers. The carrots will be visible; however, it adds excitement to your plain burgers.



#### **Broccoli**

 When adding broccoli to your favorite pizza, you have potential of getting 1 full serving of vegetables while enjoying your pizza night.