



Sneaky Sneaky Vegetables

As part of a healthy diet, it is important for you and your children to eat vegetables. By serving new foods and letting your child make healthy choices, you will help them to develop good eating habits. Your child is more likely to eat foods they see you eat, so you can set a good example by including vegetables in household meals. Until your child learns to like veggies, here are some ways to “sneak” that needed nutrition into family meals.



Tomato Sauce: Pizza and pasta sauce have great flavor that will let you hide blended carrots, spinach, peas or broccoli.



Soup: Some children like soup, but not with large pieces of veggies. Try blending the veggies in a blender or food processor before mixing them into soup.



Mashed Potatoes: Since they are mashed, this dish is good for hiding blended cauliflower or white beans. Try adding pureed sweet potatoes for a fun color change!



Baked Goods: A sneaky trick for picky eaters! Use white-bean puree instead of half the butter or oil in a recipe. Try adding a package of frozen spinach to brownie mix. Shredded veggies can be added to muffins and breads. Mix pumpkin puree into pancake batter for a tasty breakfast.



Smoothies: Fruit smoothies are great for hiding veggies! Recipes for smoothies are below.

Grated Foods: Muffins, breads, and pancakes are a good place to hide grated veggies. Grilled cheese and quesadillas can also hide veggies in the melted cheese. Try adding grated veggies when making hamburger patties or meatloaf. Grated cabbage can be mixed with shredded lettuce for a special taco topping.

By blending vegetables with other foods, you can add a lot of nutrition to family meals without anyone noticing. Vegetables can be added to sauces, soups, baked goods, you name it!



A few things to remember when you are sneaking in these foods:

- Cook fresh or frozen vegetables before you blend them.
- If you are worried your child will taste the veggies, start by adding just 1 tablespoon of veggies. Increase the amount of veggies added over time.
- Keep the sneaking a *secret*! Be careful to add these foods without your child seeing.

To help you get started sneaking, here are a few recipes loaded with good nutrition. For each recipe, put all ingredients into a blender and blend until smooth. Add liquid a little at a time until the smoothie reaches the right thickness.

Bugs Bunny Smoothie

- 1 cup skim milk
- 1 Tbsp honey
- 1/2 cup orange juice
- 1/4 cup cooked carrots
- 1/4 cup fat-free plain yogurt
- 6 ice cubes

Green Slime Smoothie

- 1 banana, cut into chunks
- 1/2 apple, cored and sliced
- 1 cup white grapes
- 1 cup fat-free Vanilla Yogurt
- 1-2 cups fresh spinach leaves

Pumpkin Smoothie

- 3/4 cup low-fat vanilla yogurt
- 1/2 cup canned pumpkin
- 1 apple, peeled and chopped
- 1/2 banana
- 1/4 teaspoon cinnamon
- 6 ice cubes

Chocolate Delight

- 1 cup skim milk
- 1 cup spinach
- 2 Tbsp ground flaxseed*
- 1 banana
- 2 Tbsp chocolate pudding mix
- 6 ice cubes

*Instead of ground flaxseed you can use toasted ground oatmeal, almonds or wheat germ.