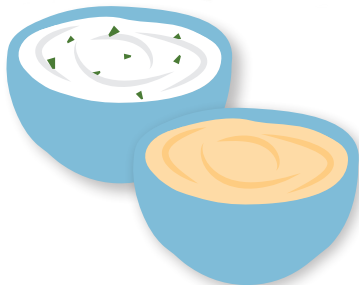


broccoli & carrots

Two of our most nutritious veggies
-Eat them often!

Kids love to dip veggies. Dip broccoli and carrots in hummus or dill dip. Try dipping carrots in peanut butter. Try other dips such as white bean dip, guacamole or flavored yogurt.



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