



## veggies for breakfast

Breakfast is a great time to **eat colorful veggies!**

### Add veggies to your breakfast:

- Add chopped baby spinach to scrambled eggs.
- Make a smoothie with a banana, ½ cup frozen blueberries, vanilla yogurt and chopped kale.
- Top toast with avocado slices.
- Try cucumber strips with cottage cheese.
- Dip roasted sweet potato wedges in applesauce or vanilla yogurt.
- Stir a few spoonfuls of pumpkin puree into warm oatmeal.



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