

Easy Ways to Eat More Plants

Aside from cutting up spears and dipping, here are a few easy ways to increase your consumption of vegetables with minimal effort.

1 Sneak Them into Your Morning Smoothie

Yes, seriously. Add a half a cup of cauliflower rice, a half an avocado, or a handful of spinach to the blender with your other ingredients. Easy, peasy. Smoothies are an amazing way to get a lot of nutrients – make enough for 2 8oz servings and you’ve got breakfast covered for 2 days.

Our Fav: 1c pumpkin puree, dash of nutmeg, few dashes of cinnamon, splash of vanilla extract, 2-3 chopped dates, small handful of cashews/peacan, and “milk”. Pumpkin pie in a glass!

Ready to get serious? Pick up: [Superfood Smoothies](#) by Julie Morris

Mix & Match:

- 1c Fruit = antioxidants, vitamins, color, and sweetness
- 1/4c-2TB Cashews/nut butters/avocado = creaminess, sustained energy
- 1/2c Spinach/cauliflower = amp up nutrition without major taste
- 1c Almond/Coconut/Oat milk, coconut water = hydration
- Little bit of Chopped date/Vanilla Bean Extract/honey, stevia, Cocoa nibs = sweetness & variety

2 Roast a Large Batch of Veggies on the Weekend

This takes all of 10 minutes to prep and you are set for the week. Slice a bunch of different veggies, douse with olive oil, salt and pepper, and place on a cookie sheet. Bake at 350F for 45 min or so. Munch and refrigerate for a quick side, toss on a salad/rice, or nosh on as an afternoon snack. Add your fav condiments, cheese, or olives and you are in for a delish & nutritious feast.



Our Fav Combos: 1) Sweet Potatoes, Shallot, and Brussels; 2) Sweet Potatoes, Rutabaga, sunchoke and parsnips; 3) Carrots and shallot, 3) Squash, tricolored peppers and red onion; 4) pre-made Fajita mix

3 Make a Super Simple Soup

This is about a ten minute task and you’ll have a veg-rich soup for meals/snacks all week long. There are hoards of easy, creamy options on Pinterest. Here is a base recipe that you can customize with your favorite seasonings. Go for a mild but nutrient veg like carrots, butternut squash, or cauliflower).

Base Recipe: In 1/4c olive oil, sauté 6 cups of cubed veg (carrot, butternut squash, or cauliflower) with a chopped onion, a handful of minced garlic cloves, salt and pepper. Add desired other seasonings: several dashes of curry powder & ginger, some cumin and oregano, or a handful of chopped herbs. Add 10 c of veg or chicken broth. Simmer for 30 min and then puree in a blender. Add cooked brown rice for a vegetarian protein before pureeing. Need texture? Don’t puree. Want more veg? add in some baby kale or spinach..

Ready to get serious? Pick up: [The Soup Peddler’s Slow & Difficult Soups](#) by David Ansel

