

# WINTER HEROES

## VEGETABLES

### **BEETROOT**

Use cooked or canned (rinse first). Add for colourful dips, pasta sauces, or salad toppers.



### **CABBAGE & BROCCOLI**

Great in stir-fries, noodle bowls, or raw in coleslaw-style salads.



### **CARROT**

Roast, grate, or blend into sauces and muffins.



### **CAULIFLOWER**

Use fresh or frozen. Blend into creamy sauces or roast with spices.



### **KŪMARA & PUMPKIN**

Roast, mash, or blend into soups.



### **SILVERBEET & SPINACH**

Use fresh or frozen. Perfect for sauces, smoothies, or hidden in fritters.



## FRUITS

### **APPLE & PEAR**

Bake, stew, or grate into porridge and muffins.



### **BANANA**

Great in smoothies or mashed into pancakes and baking.



### **CANNED FRUIT**

Drain juice first and use in fruit salad or blend into smoothies.



### **FROZEN BERRIES**

Stir into yoghurt, or oatmeal.



### **ORANGE & MANDARIN**

Perfect for lunchboxes or morning and afternoon boosts.

