

Veggie variety



Solo veggie snack ideas

Vegetable platters

Serve a variety of cut-up vegetables on a platter for self-selection. Serve with dip.

Vegetable-based dip

Hummus, beetroot, salsa, and guacamole dips are great to pair with veggie platters or wholegrain crackers (see [*Dips and Dippers*](#)).



Baked beans

A great source of protein and fibre, serve with wholemeal bread dippers or toast.

Veggie lettuce cups/wraps

Add cucumber, carrot, tomato, capsicum, avocado to pre-made cups or wraps. Sprinkle grated cheese or add some tzatziki.

Oven baked vegetables

Mix a medley of different coloured vegetables and bake in the oven. Serve as a tasty snack or with a main meal.

Corn cobs

A hit with kids and a great healthy snack.

Vegetable popsicles

Place a variety of chopped veggies in individual bowls. Let children assemble their own veggie snack by threading vegetable pieces onto a popsicle stick.

Mix-it-in veggie snack ideas

Mini quiches with vegetables

Choose from a variety of vegetables. Mix and match to make veggies the hero of the dish. Try spinach, peas, leek, capsicum, pumpkin, mushroom, zucchini and tomatoes.

Veggie muffins/scones/pikelets

Use wholemeal flour to make tried and tested veggie favourites: pumpkin, spinach and cheese, zucchini, carrot, peas and corn.

Veggie fritters/patties

Zucchini as the hero ingredient is a winner. Try other veggies as the base: corn and peas, broccoli, cabbage and carrot, pumpkin, bubble and squeak, or mini falafels.

Veggie soup

Perfect on colder days - try pumpkin, pea and ham, chicken and corn, minestrone, mushroom, lentil, potato and leek flavours.

Rainbow veg toasties

Select from a range of grated/chopped veggies (e.g. zucchini, carrot, broccoli, capsicum). Add tomato, avocado and cheese. make on wholemeal bread.

Sushi/bread wraps filled with vegetables

Pick and mix with a variety of salad ingredients. You can also try using rolled-up bread (crusts removed) and add veggie filling.

Mini pizzas topped with veggies

Use wholemeal English muffins. Top with capsicums, tomatoes, corn and mushroom, or let children build their own.

Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

