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**WAYS OF GETTING
MORE FRUIT & VEG**

FOOD ROUTE NUTRITION
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It can be a challenge to eat five portions of fruit & veg each day even when you like vegetables. And now a new report suggests that eating 10 portions is what we need to stay healthy for longer.

Most people don't come nearly close to having enough, and I bet you're wondering how on earth you're going to manage that.

Read on for tips on getting more of the good stuff into your life in a super-easy way.

WHAT CONSTITUTES A PORTION?

A portion means 80g (3oz) of fruit or veg - the equivalent of a small banana, a pear or three heaped tablespoons of spinach or peas.

Veg linked to lower cancer risk

- Green veg (eg spinach, kale, broccoli)
- Yellow/ orange veg (eg peppers, butternut squash)
- Cruciferous vegetables (eg cauliflower, broccoli)

Veg linked to lower risk of heart disease & stroke

- Apples
- Pears
- Citrus fruits
- Salads
- Green leafy vegetables (eg Romaine lettuce, spinach, kale, rocket)
- Cruciferous veg (eg cauliflower, broccoli)



Try this recipe...

1. MAKE A FRITTATA

Perfect for a simple lunch or a lazy weekend brunch, whisk up eggs with veggies like onions, mushrooms and peppers – or anything else you have in the fridge. If you can make this a large, deep, Spanish-style omelette, it will even last you into the week.

2. MAKE FRIENDS WITH CAULIFLOWER RICE

Cauli rice has a bit of a cult thing of late. You can buy it ready-made in practically any supermarket, but it is also very easy to whizz up yourself in a food processor. Simply chop into florets and pulse until the cauliflower is a fine, rice-like consistency. Perfect whenever you might have rice or as a veggie side dish. There are many different ways to make it. My favourite is to drizzle with olive oil and sprinkle with sea salt and pepper, then roast in the oven for 15 minutes.

3. DO THE SAME WITH BROCCOLI

Broccoli rice is the lesser-known brother of cauliflower rice. You prepare it in the exact same way – pulse into rice-sized pieces. You can cook it in a similar fashion, too, but it is good lightly fried with a little coconut oil. Whether cauliflower or broccoli rice, you can add the cooked version to scrambled eggs for (at least) an entire serving of your veg quota.

4. PUMPKIN PANCAKES (OR WAFFLES)

Waffles and pancakes don't have to be naughty to be nice. Add some pureed pumpkin to your traditional mix or try this recipe for waffles:

Combine 120g buckwheat flour with 1 tbsp baking powder, ½ tsp salt, ½ tsp ginger, ¼ tsp allspice, ¼ tsp nutmeg, ½ tsp cinnamon.

Whisk in half a tin of pureed pumpkin (in the global foods section of most supermarkets), 1 tsp vanilla extract, 2 tbsp flaxseeds, 2 tbsp maple syrup, and 240ml milk of your choice.

Let the mixture stand for 10 minutes. Heat up the waffle iron or get the skillet on the hob to heat up. Coat the pan or iron with coconut oil, tip in the mix and cook until it bubbles (skillet only) before flipping onto the other side.

Perfect served with mashed avocado, smoked salmon and a poached egg.

Try this recipe...

5. CHERRY DELIGHT (SERVES 2)

450g spinach
270ml water
1 banana
100g blueberries
225g cherries
(buy frozen – cheaper and they come pitted)



6. PIMP UP YOUR PORRIDGE

You might be used to a sweet porridge, but a savoury version can be surprisingly good. Try cooking plain oats with water, then adding sautéed veg or else grated courgette. Top with a poached egg for a protein hit and maybe a grating of parmesan, then season to taste.



7. SNEAK IT INTO FAMILY FAVOURITES

Pasta bakes are the perfect place to hide your vegetables. The ideal partners to throw into the mix are spinach, tomatoes, peas and broccoli but almost anything will do.

8. UPGRADE YOUR POTATO

Sweet potatoes have a far greater nutritional value than standard white potatoes. If switching to sweet potato mash is initially too much of a stretch, consider mixing the two to start.

9. DON'T FORGET THE HERBS

These count as vegetables, too, and are easily incorporated into practically any dish, from soups and stews to scrambled eggs.



10. BEETROOT CHOCOLATE CAKE

Beetroot blends totally, utterly and seamlessly into chocolate cake. You have to make it to believe it. This is a great recipe to get you started [CLICK HERE](#)

11. TRY AVOCADO BAKED EGGS

Heat the oven to 220°C. Halve an avocado and remove the stone to create a pit for the egg. Put the avocado in a small ceramic baking dish or baking tray. Crack the egg into the hole, sprinkle with paprika, then bake for 15-20 minutes.

12. SNEAKY ADDITIONS

Casseroles, Bolognese sauce & chilli are all ideal places to smuggle in added vegetables.

Vegetable dodgers will barely notice if you grate carrot or courgette, or finely mince mushrooms (which have a surprisingly meaty texture). The texture is barely changed.



15. COMBINE FRUIT & VEG IN JUICE

A green juice for breakfast sets you up for the rest of the day. Try this one:

- 2 cucumbers,
- 8 celery stalks,
- 4 apples,
- 16 leaves kale (with stalks),
- 1 lemon,
- 5 cm piece of ginger.

[CLICK HERE](#)

16. SERVE VEGGIE TOMATO SAUCE

Making your own tomato sauce is far healthier than shop-bought varieties. Grate in carrot and finely chop peppers, then add to passata or tinned tomatoes with fresh herbs like basil or oregano and whiz when done. Roasted butternut squash will also do the trick. No one will ever know the difference.



13. EXPERIMENT WITH COURGETTI AND BOODLES

You can get courgetti and boodles (butternut squash noodles) from most supermarkets or make your own with a spiralizer. Blanch for a minute or two then serve with Bolognese or Thai curries – or your own choice of meal.

14. SWAP WRAPS FOR LETTUCE

It might not cut it with the kids, but lettuce makes a surprisingly good stand-in for tortilla wraps when you're serving up fajitas. As you get more adventurous, you can also use tougher greens like kale or chard, but you'll want to blanch and pat dry before you wrap.





17. DISH UP VEGGIE FRIES

Sometimes you need something resembling a chip. Check out this link for some amazingly easy and delicious ways to serve veggies you will never have thought of before - [CLICK HERE](#)



18. KALE CRISPS

You might have tasted the kind you get in bags from some supermarkets. Here's a recipe you will make time and time again.

Preheat the oven to 150°C. Blend 75g cashew nuts, 1 shallot (chopped), 2tbsp nutritional yeast flakes, ½ tsp garlic salt, 4 soft large dates (chopped), 2 tbsp lemon juice, 2 tbsp water, 2 tbsp apple cider vinegar together until you create a thick paste. Add a little more water if you need to.

Put a 250g bag of kale in a bowl, add the sauce and massage together with your hands. Place on a lined baking tray and bake for 15-20 minutes. Turn the kale over and bake for a further 5 minutes. Cool. The crisps will keep for 3 days in an airtight container.

19. RETHINK PIZZA

Not tried cauliflower pizza? You might like it so give it a whirl sometime soon. Here's a recipe from the Hemsley sisters - [CLICK HERE](#)

Another great veg idea for the humble pizza is to spread a layer of pureed spinach on the dough before adding your tomato sauce. Sneaky, right?



20. BAKE THEM IN BREAD

Veggies are marvellous when used in baking. Courgettes in particular seem to do the job above others. Try this brilliant recipe. [CLICK HERE](#)

21. Bring in the berries

Berries of any kind are choc-full of inflammation-fighting antioxidants. Add them to granola, muesli or porridge along with a sprinkle of flax for a nutrition boost.



22. DON'T FORGET SNACKS

Good old veg make for brilliant snacks. Baby carrots, radishes and sugar snap peas don't even need any chopping.

23. SQUEEZE IT INTO EXTRA PORTIONS WHERE YOU CAN

If you've been trained to think of dinner as protein, starch and one veg, challenge yourself to improve your life with the addition of one additional vegetable. Whatever you are making, think 'how can I add another vegetable to this?'

24. CARRY HANDBAG SNACKS

Apples, pears and satsumas are perfect travelling companions, and teamed with a small handful of nuts, make the perfect blood sugar-balancing snack.



When the summer starts to peep through the clouds. I love these healthy ice lollies made with berries and coconut milk, courtesy of The Medicinal Chef

[CLICK HERE](#)