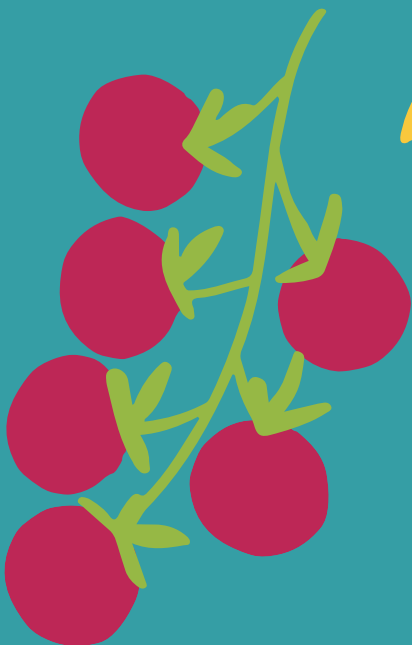
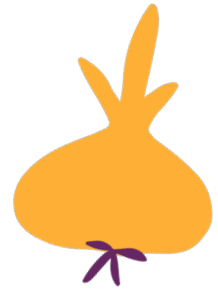


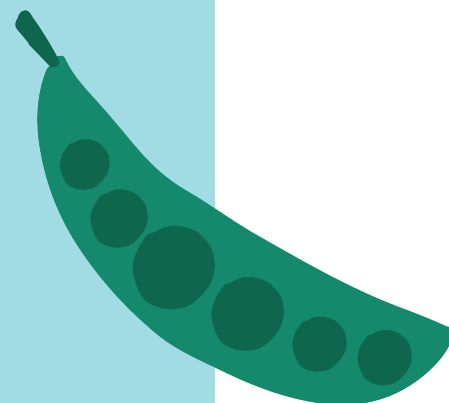


Veggie Quest with Healthy Harold

DISCOVER ONE MORE
VEGGIE A DAY!



Ready, Set Veggie!



Hey there veggie voyagers!

Have you ever wondered what makes superheroes so strong? Or animals like giraffes so tall? Or scientists so smart?

Clever and colourful veggies are packed with fibre, vitamins and minerals and are one of the key food groups that help your mind and body work at their best!

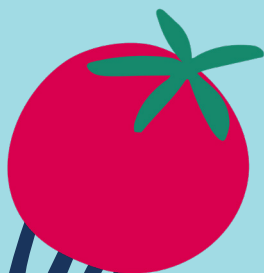
Think of vegetables like the magic fuel that can give your body the power to run faster, jump higher, and think better. And the best bit is that they come in all sorts of fun shapes, sizes and colours.

Sometimes it can be hard to eat enough vegetables. In fact, most kids (and grown ups) don't eat anywhere near the recommended amount. You want to try for five serves of vegetables every day, but even one extra serve can make a big difference!

We've teamed up with our friend Healthy Harold from Life Ed to create this book packed with fun activities and colourful, veggie-packed recipes to get you started. We have hundreds more recipes on the Sanitarium website so you can head there for more ideas.

So grab your apron, wash your hands and get ready to go on a magical quest of veggie discovery.

Let's go!



EAT THEM UP!

What does a healthy body need?



Write or draw what a healthy body needs.



Clue: Healthy bodies need lots of things! Healthy food, water to drink, physical activity, play, quality sleep, love and emotional connection are some of the most important.

Where do fruit and vegetables grow?

Draw a line to connect the food to where it grows.



Wherever they grow,
fruit and veggies
help you go, go, go!



What is a serve of veggies?

Help your body be its best by aiming to try 5 different
veggies every day. Here's what a serving size looks like!

Here's how you can picture it. One serve is:

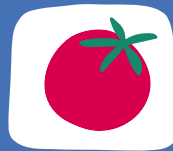
Imagine you're holding
a handful of veggies.
That amount is
about one serve,
or 75 grams.



1/2 cup cooked green or
orange vegetables (think broccoli,
spinach, carrots or pumpkin)



1/2 cup sweet corn



1 medium tomato



1 cup green leafy or
raw salad vegetables



1/2 cup cooked dried or
canned beans, peas or lentils



1/2 medium starchy vegetable
like sweet potato or potato



Green smoothie muffins

Serves: 12 | Prep Time: 7 mins | Cook: 20 mins

A clever way
of getting extra
veggies!



Ingredients

Dry

- 1 cup plain flour
- 1 cup wholemeal flour
- 1/3 cup sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 cup raisins

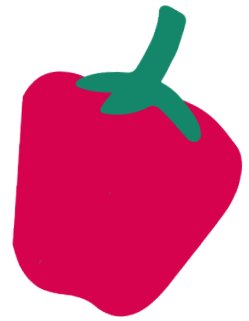
Wet

- 1 medium banana
- 1 orange
- 1 apple
- 1/4 cup extra virgin olive oil or canola oil
- 3 good handfuls of baby spinach leaves (approx 60g)
- 3 eggs
- 1 tsp vanilla essence

Method

1. Pop the dry ingredients (excluding the raisins) in a large bowl and give them a good whisk to combine, you can use a fork if you don't have a whisk.
2. Add the raisins to the dry ingredients.
3. Peel the banana and the orange, core the apple but you can leave the skin on the apple.
4. Pop the fruit, spinach, and the rest of the wet ingredients in a blender or food processor, blitz until you get a nice smooth green smoothie.
5. Pour the smoothie into dry ingredients and mix together, until just combined.
6. Portion into a greased muffin tin, the mix makes 12 standard-sized muffins. Bake at 180°C until cooked, you should be able to press the top of the muffin and it will spring back.
7. Cool in the muffin tray for 5-10 minutes, remove from the muffin tray and leave on a cooling rack.

Rainbow veggie slice



Serves: 12 | Prep Time: 5 mins | Cook: 35 mins



Ingredients

- 6 large eggs
- 1/2 cup milk, or Sanitarium So Good™ milk (soy, almond or oat)
- Salt and pepper
- 3 cups frozen stir-fry veggies, slightly thawed
- 3/4 cup grated light tasty cheese
- 4 Sanitarium Weet-Bix™ wheat biscuits, crushed

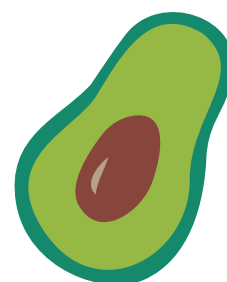
Method

1. Preheat oven to 180°C (350°F). Lightly oil a rectangle (23 x 33 cm) baking dish.
2. Whisk together eggs, milk, and a pinch of salt and pepper. Stir through veggies. Fold in cheese and crushed Weet-Bix wheat biscuits.
3. Pour batter into prepared pan and smooth top. Bake 35-40 minutes until golden and cooked through.
4. Cool in pan, cut into 12 pieces.

How many different coloured veg will you eat today?



Tacos with black bean and nutmeat



Serves: 8 | Prep Time: 20 mins | Cook: 15 mins



How colourful can you make your tacos?

Ingredients

- 1 tbsp extra virgin olive oil or canola oil
- 1 (150g) red onion, peeled and diced, reserve 1 tbsp for salsa
- 1/4 bunch fresh coriander, leaves picked, stalks finely chopped (optional)
- 1 pack reduced salt Mexican taco seasoning mix
- 1 tin Sanitarium Vegie Delights™ Nutmeat
- 1 400g tin black beans, rinsed and drained
- 1 cob corn, kernels sliced from cob
- 1 tbsp no added salt tomato paste
- 1 avocado, peeled and finely sliced
- 12 mini wholegrain tortillas or tacos
- Lime wedges to serve

Salsa

- 2 medium tomatoes, diced
- 1 tbsp red onion, finely diced
- Black pepper to taste

Method

1. Heat a frypan on medium heat, add olive oil and onion and coriander stalks (if used) and cook for 3–4 minutes, stirring frequently.
2. Add Mexican seasoning mix, Vegie Delights Nutmeat, black beans, corn, tomato paste and 200ml water, and stir well to break up the nut meat.
3. Cook for 10 minutes.
4. Whilst taco mix is cooking combine tomatoes and onion in a small bowl, You can season with a little black pepper if you like.
5. Warm tortillas or taco shells and serve with Nutmeat black bean mix, avocado slices, salsa, lime wedges. Optional coriander leaves to garnish.

Allergy Alert: This recipe contains nuts. If you have a nut allergy, please do not make or eat this recipe.



Crispy Weet-Bix veggie balls

Serves: 12 | Prep Time: 5 mins | Cook: 35 mins



Ingredients

- 1 cup mashed sweet potato
- 1 carrot, grated
- 1/2 zucchini, grated
- 1 small onion, finely chopped
- 1/2 cup grated low-fat cheese
- 1 clove garlic, crushed
- 1/4 tsp salt
- 1/2 cup plain flour
- 2 eggs, lightly beaten
- 4 Sanitarium Weet-Bix™ wheat biscuits, finely crushed
- 2 tbsp extra virgin olive oil or canola oil

Method

1. Place sweet potato, carrot, zucchini, onion, cheese, garlic, and salt in a bowl and mix well.
2. Form mixture into balls then roll in flour, then egg and then Weet-Bix crumbs. Repeat process.
3. Heat oil in frypan and cook balls until golden and crisp on all sides.
4. Serve with favourite dipping sauce. Makes 8 balls.



**Veggie balls are fun
AND delicious!**

Crunchy peanut boats

Serves: 6 | Prep Time: 10 mins



Ingredients

- 2 long sticks celery
- 1/4 cup crunchy peanut butter
- 1 small carrot, peeled and finely shredded or cut into fine strips
- 2 tbsp sultanas

Method

1. Cut the celery into 10 cm pieces.
2. Generously fill the centre of each piece with peanut butter.
3. Carefully pile the carrot onto the peanut butter and top with sultanas.
4. Serve immediately.

Yum!
**Carrots are my
favourite veggie!**

Allergy Alert: This recipe contains peanuts. If you have a peanut allergy, please do not make or eat this recipe.

Gozleme

Serves: 8 | Prep Time: 30 mins | Cook: 10 mins



Gozleme is from Turkey. I love trying foods from around the world!

Ingredients

Dough


- 1 cup self raising flour
- 1 cup wholemeal self raising flour
- 1 cup light natural greek yoghurt
- 1/2 cup extra flour
- 2 tbsps extra virgin olive oil or canola oil

Filling

- 1 bunch fresh spinach
- 3/4 cup light tasty cheese, grated
- 100g reduced fat feta, diced
- Lemon wedges, to serve

Method

1. To make dough, combine flours and add yoghurt. Mix.
2. Knead on a floured board until dough is no longer sticky (approximately 2-3 minutes). Add more flour if necessary.
3. Cut into 6 portions and roll each into a ball. Cover with damp tea-towel or plastic wrap and refrigerate for 10 minutes.
4. To make filling, wash spinach. Heat in a frying pan with a splash of water. Cook for 2 minutes or until wilted. Set aside to cool.
5. Give each portion of dough a quick kneed on a floured board. Roll each dough ball into a thin circle using a floured rolling pin.
6. Top half each ball of dough with spinach, grated cheese and feta, leaving some space around the edge. Fold in half to enclose filling, trim and press edges with a fork to seal.
7. Brush one side of the gozleme with oil using a pastry brush.
8. Heat fry pan on medium heat. Place gozleme in pan, oil side down. Cook for three minutes or until browned.
9. Brush topside of gozleme with oil before flipping and cooking for a further two minutes. Serve with lemon wedges, which can be squeezed over the gozleme to add a zesty taste.



When it comes to eating veggies, try to eat as many colours as possible. Each colour does something different for your health.



EAT THE RAINBOW

Blue & Purple

Blue and purple fruits and vegetables contain special plant pigments that not only give them their unique colour, but also help protect the cells in our body from damage.

Orange & Yellow

The plant pigment that makes sweet potatoes, pumpkin and carrots orange and yellow is also important to help maintain healthy eyes and can help us see better at night.

Red

Natural plant pigments that make fruits and veggies like tomatoes red also help to protect our cells from damage and can help keep our heart healthy.

Green

Green veggies contain a range of different natural plant pigments which help give them their colour. These can help reduce inflammation and can even help reduce our risk of cancer.

White

White fruits and vegetables contain plant pigments that can support our immune system which helps protect our bodies from infections.

TRY:
EGGPLANT, BEETROOT
AND PURPLE CABBAGE.



TRY:
YELLOW CAPSICUM AND CARROTS.



TRY:
RED CAPSICUM, RADISH
AND TOMATOES (TECHNICALLY A FRUIT).



TRY:
SNOW PEAS, BROCCOLI
AND SPINACH.



TRY:
MUSHROOMS, GARLIC
AND ONIONS.



My healthy body promise

Small positive actions can make a big difference! Tick the actions below that you're going to try - or even come up with some of your own.

EAT WELL

- ☐ I will try a new vegetable or fruit.
- ☐ I will eat a healthy breakfast.
- ☐ I will try to add a rainbow of vegetables to each plate.



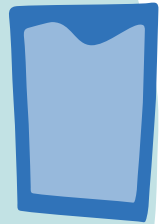
SLEEP

- ☐ I will go to bed at my bedtime.
- ☐ I will do quiet activities before bed.
- ☐ No TV or screens before bedtime.



DRINK WATER

- ☐ I will choose water before juice or fizzy drinks.
- ☐ I will drink a glass of water before breakfast.
- ☐ I will drink water at school during recess and lunch.



MOVE MY BODY

- ☐ I will do something active after school.
- ☐ I will do something that makes my heart beat faster once a day.
- ☐ I will learn to move my body in a new way.



Your rainbow food record

Make a record of the different coloured veggies you have at each meal. For this exercise, fruit counts too!



Blue & Purple

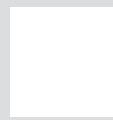
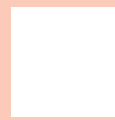
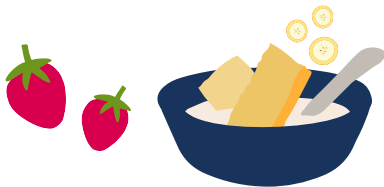
Orange & Yellow

Red

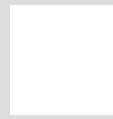
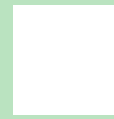
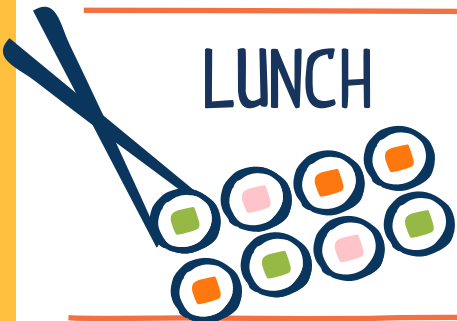
Green

White

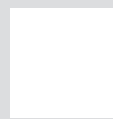
BREAKFAST



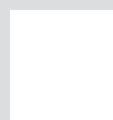
LUNCH



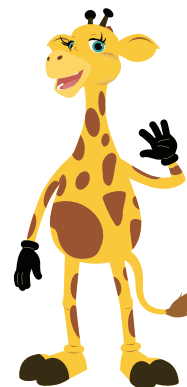
DINNER



SNACKS



Veggie discovery dice game



In the squares draw the veggies you can eat to stay healthy and well. Then cut out and stick your dice together.

