5 STRATEGIES

TO MAKE VEGGIES MORE PALATABLE FOR KIDS

1 Peel the Vegetables

Some children have a harder time chewing the fibrous skin. Or they may have texture issues. Peeling vegetables can make all the difference.

2 Cook the Vegetables

Some children do not like the crunch of raw vegetables. The difference between raw and cooked broccoli is huge. Experiment to see what your child prefers.

3 Puree the Vegetables

Young or old, some kids struggle with the texture of certain veggies. They may not like food with chunks. A veggie puree is a great alternative! Blend it with some fruit for a sweeter taste.

4 Try New Vegetables

Kids can get bored with their food (especially an Adventurous Eater). Trying something new can be exciting for some kids. Experiment and step out of your comfort zone with veggie choices.

5 Roast the Vegetables

Just about any veggie tastes better roasted. It adds caramelization and brings out sweetness in veggies. Carrots, parsnips, onions, potatoes, cabbage, cauliflower, Brussels sprouts, broccoli, & rutabaga are all great!