

Freshen Up Your Meals

When summer produce abounds in local farmers markets, grab a variety of fresh fruits and vegetables and add excitement to your meals. Here are a few fun ways to add fresh fruits and vegetables to your day.

- Make a fresh fruit smoothie by blending fruit with a splash of milk or yogurt and ice.
- Add tomato, onion, and pepper to your omelet.
- Top your breakfast sandwich with sliced tomato and fresh greens instead of bacon or sausage.
- Add diced fresh peppers and squash to your salad.
- For a fun twist, top your greens with peaches, strawberries, or blueberries.
- Try raw veggies for a crunchy snack.
- Spice up your sandwich with added vegetables - try cucumber, squash, and peppers.
- Fresh or grilled veggies make a great addition to most side dishes.
- Grill up peaches and serve with a light sprinkle of brown sugar or vanilla frozen yogurt for a healthier after-dinner treat.



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