



How to incorporate more vegetables into your morning routine



Vegetables should be a major part of every meal throughout the day, including breakfast. They are rich in vitamins and minerals and are interesting options to explore to bring a touch of originality to your breakfast plate. Read on for a few tips on how to incorporate more vegetables into your morning routine.

MAKE BREAKFAST TIME, SANDWICH TIME

Sandwiches aren't just for lunch! Use your imagination to create all kinds of combinations. Add grilled vegetables to your grilled cheese or breakfast wrap.

Try our [breakfast sandwich recipe](#), [Breakfast Enchilada](#) or [Breakfast Quesadilla](#) recipes.

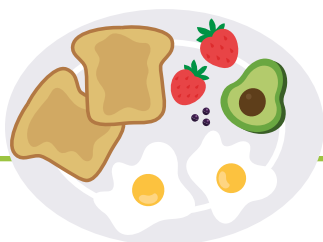
ADD VEGETABLES TO YOUR EGGS

Brighten up your egg recipes with some colourful vegetables. Add peppers, spinach and zucchini to your scrambled eggs, or whip up a seasonal vegetable omelette.

Try our recipe for [Broccoli Omelette Bites](#) or [Cheese and Veggie Egg Cups](#).

USE VEGGIES AS A TOAST TOPPER

Skip the classic banana/nut butter combo and opt instead for something vegetable-based. Why not try [avocado toast with cheese](#), or top your multigrain bread with a layer of [hummus](#) and sliced tomato? The possibilities are endless!



SERVE VEGETABLES INSTEAD OF FRUIT ON THE SIDE

Veggies and [dip](#) or a summer salad of spinach and raspberries pair perfectly with several breakfast dishes. Vary your sides to include as many vegetables as you do fruit.

VEG UP YOUR SMOOTHIES



Use vegetables to add a splash of colour to your breakfast smoothies. Spinach or kale are great options for [green smoothies](#). Carrots will make your tropical smoothies look extra sun-kissed and beets will turn your red berry smoothies even redder!

INCORPORATE VEGETABLES INTO YOUR BAKING RECIPES

Experiment with recipes for baked goods that contain a secret ingredient: veggie power! Our recipes for [Spinach Morning Muffins](#) and [Zucchini Bread Scones](#) are good places to start.

Remember, working vegetables into your breakfast not only makes it more nutritious, but it also adds extra flavour and colour to kick-start the morning.

SO BE CREATIVE AND HAVE FUN!