

Exciting ways to veg up!

vegetables.co.nz

veg up 

with fresh New Zealand grown vegetables

Veg up soup



Veg up mince



Veg up mussels



ADD MORE MINERALS... MORE VITAMINS... MORE COLOUR...



MORE ANTIOXIDANTS... MORE TASTE... WITH LESS SALT... LESS FAT... LESS CALORIES!



5+a DAY 
Fresh fruit & vegetables



For more great recipes with fresh
New Zealand grown vegetables visit
www.vegetables.co.nz

For great tasty ideas and recipes visit
www.vegetables.co.nz