

'UGLY' VEG & FRUIT

TRANSFORMED INSPIRATION INFOGRAPHIC

Vegetables = Soup
Stew
Braai Kebabs
Salads
Zoodles

Carrots = Grated carrot & hummus
sandwiches
Coleslaw

Tomatoes = Sambals
Broccoli = Homemade Sauces

Potatoes = Cottage Pie
Sweet = Fish Cakes
Potatoes = Potato & Leek Soup
Mashed Potato

Brinjals = Babaganoush

Beetroot = Roasted Beetroot

Fruit = Fruit salad/skewers
Smoothies
Banana Ice Cream
Zest & Juice
Jam
Flavoured water