

# Three Perfect Ways To Mix Red And Green!



Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

The secret to getting lunch box food eaten is to make it colourful. You don't need bright packets for this. Mother Nature provides the best unpackaged. Here's 3 Ways to mix red and green together!

## 1. Bowls, Kebabs or Whole

Mix green fruits with red fruits in a bowl or skewer them. Apply the same logic with your vegetables. You can even mix your fruits with your vegetables. Alternatively, you could include whole red and green fruits or vegetables.

## 2. Use them in a recipe

Mix the colours in a recipe. You can slice, dice, grate or mash them.

## 3. Turn them into a Smoothie

Smoothies are a great way to mix red and green fruits and vegetables. You can freeze these the night before and they'll be ready to drink / slurp by recess.



*Bright and Fun Finger Food Full of Health*

### Ideas

- Strawberry and Kiwi Fruit Kebabs
- Red Apple and Cucumber Salad
- Edamame and Cheery Tomatoes
- Watermelon, Kiwi Fruit, Green Pear & Strawberry bowl
- Avocado and Tomato Salad
- Mini Meat Balls with hidden carrot, tomato and zucchini - [Click here for recipe](#)
- Berry and Spinach Smoothie
- Fruiti Sushi

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at [therootcause.com.au](http://therootcause.com.au).

