

REACH FOR



**SERVINGS
OF VEG**

&



**SERVINGS
OF FRUIT**



PERFECT YOUR PLATE

**TIPS & RECIPES TO ADD MORE FRUITS
& VEGETABLES INTO YOUR DIET**



Whether you're a seasoned home cook or a beginner in the kitchen, we want to inspire you to eat healthier and feel better.

INTRODUCTION



At *Perfection Fresh*, we've created '**Perfect Your Plate**', an eBook guide to help you incorporate more fruits and vegetables into your diet. We strongly believe that eating a balanced diet rich in fruits and vegetables is essential for maintaining good health and well-being. Our guide is filled with practical tips, creative ideas, and delicious recipes to assist you in perfecting your plate with the right amount of fruits and vegetables.





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WHAT ARE THE KEY BENEFITS FROM EATING 5 VEGETABLES & 2 FRUITS THAT YOU SHOULD KNOW?

There are Australians who are still unaware of some of the key benefits people receive when meeting their daily recommended vegetable and fruit intake. The overall benefit is providing your body with an array of nutrients it needs to function at its best. There are at least nine different families of produce. Within each family are different types of fruit or vegetables with various colours and unique nutrients, which the body requires a spread consumption of.^[1]



Also, research indicates that a natural way to help prevent some cancers is by including a large mix of fruit and vegetables in the diet. Similarly, the likelihood of being diagnosed with heart disease or experiencing a stroke is also significantly reduced. For children, in addition to the above mentioned benefits, a healthy diet of yummy fruits and veggies will also help their little bodies fight against illnesses, as they gain a strengthened immunity.^[1]

Vegetables that are great to eat to boost both children and adults' immunity include capsicums and broccoli types, like Perfection Fresh's Broccolini® and Minicaps® baby capsicums. Broccolini®, which provides close to half of the recommended daily amount of immunity boosting folate, also contains 23% of the recommended daily Vitamin C intake. Add Minicaps® to any dish, which is packed with Vitamin C, and you're well on your way to a healthy immunity.

Perfection Blueberries are also a fantastic addition to the daily diet to boost immunity, as they contain anthocyanin, a blue pigment which stores antioxidant properties.^[2]

SOURCES

[1] HARVARD T.H. CHAN, Date Unknown - <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

[2] MedicalNewsToday, 2018 - <https://www.medicalnewstoday.com/articles/322412#which-foods-boost-the-immune-system>





PERFECT YOUR PLATE

SERVING GUIDE

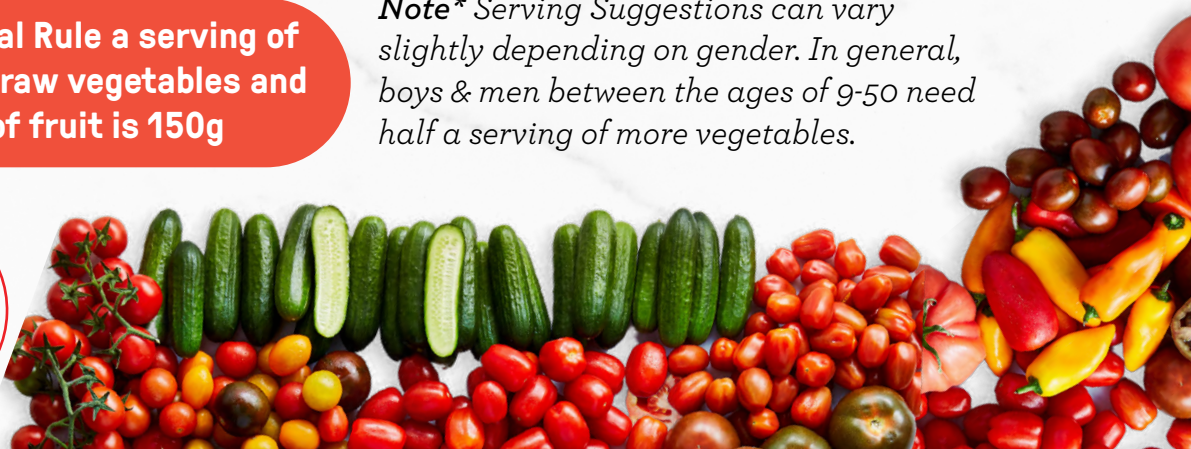
FROM TODDLERS TO SENIORS: A GUIDE TO DAILY FRUIT AND VEGETABLE INTAKE

AGE GROUP	VEGETABLE SERVING	FRUIT SERVING
1-2	2	1
2-3	2.5	1
4-8	4.5	1.5
9-11	5	2
12-13	5	2
14-18	5	2
19-50	5	2
51-70	5	2
70+	5	2



As a general Rule a serving of veg is 75g raw vegetables and a serving of fruit is 150g

Note Serving Suggestions can vary slightly depending on gender. In general, boys & men between the ages of 9-50 need half a serving of more vegetables.*





WHAT DOES THE 5 VEGETABLES & 2 FRUITS SERVING SUGGESTION ACTUALLY MEAN?

A key issue with Australians reaching their 5&2 daily intake is due to many of us not properly understanding the number, as well the size of food we should be consuming to reach a serving. Like how one serving of vegetables, which is half of a cup of cooked vegetables, is also equivalent to one cup of salad vegetables.^[1]

A great general guide to follow is that 75 grams of raw vegetables is typically one serve, likewise half a cup of cooked green/orange vegetables is too. Fruit is different, with one serving being achieved through 150 grams, or by eating a medium-sized piece of fruit, like an apple or orange.^[2]

SOURCES

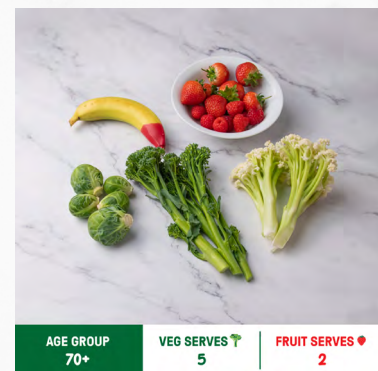
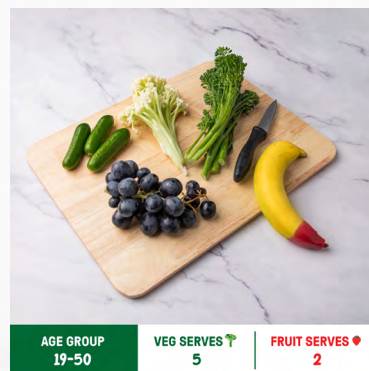
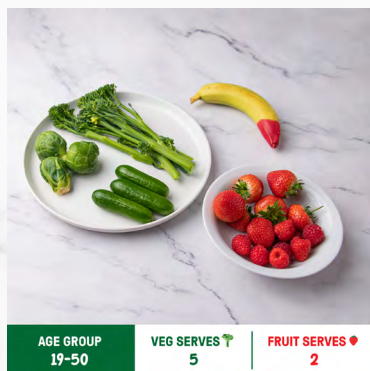
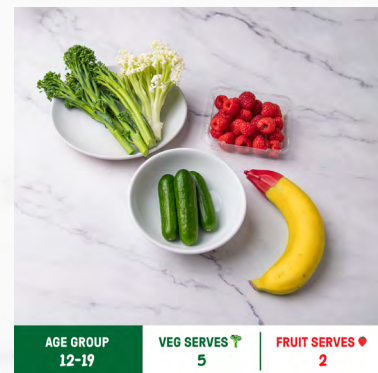
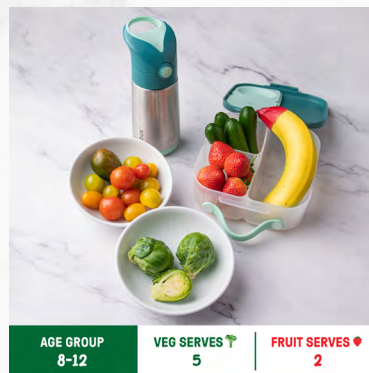
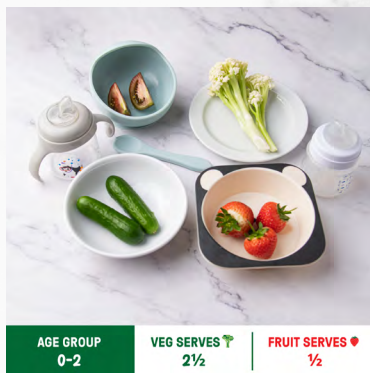
[1] AUSVEG, Date Unknown - <https://ausveg.com.au/media-releases/cause-for-concern-australian-diets-lack-vegetables-and-dairy/>

[2] Cancer Council Queensland, 2018 - <https://cancerqld.org.au/news/5-serves-veggies-2-fruit-day-really-mean/#:~:text=A%20serve%20of%20vegetables%20is,as%20an%20apple%20or%20orange.>





Here are examples of what 5 Servings of Vegetables & 2 servings of Fruit a Day can look like: for the different age groups





TIPS TO UP YOUR FRUIT AND VEGETABLE INTAKE

We all know that eating more fruits and vegetables is good for our health. However, it can be a challenge to get the recommended daily intake of these important foods. With a little creativity and some simple strategies, it's possible to add more fruits and vegetables to your diet and reap the benefit of a healthy and balanced diet.

Start your day with a smoothie: A smoothie is a great way to pack in a ton of fruits and veggies all at once. Try blending spinach, kale, Perfection Berries, and an Ecoganic® Red Tip® banana with any milk of your choice for a delicious and nutrient-packed breakfast.



Swap your snacks: Instead of reaching for chips or candy, choose a piece of fruit or a handful of veggies for a snack. Grab some Qukes® or Perfection berries and keep them in the fridge for a quick and easy snack on the go.





Try new recipes: Experiment with new recipes that incorporate fruits and vegetables. Try a new salad recipe or add some veggies to your stir-fry. The more variety you have in your meals, the more likely you are to enjoy eating healthy foods.



Make it colorful: Aim to have a variety of colors on your plate when you eat. Different colored fruits and vegetables contain different nutrients, so by eating a rainbow of colors, you'll be getting a wider range of nutrients.



Add Flavour: Whether it's stir frying vegetables in miso and spices or adding a lime honey dressing to your fruit salads, there's always new ways to add flavor to your fruit and vegetables to make them more appealing to reach for.



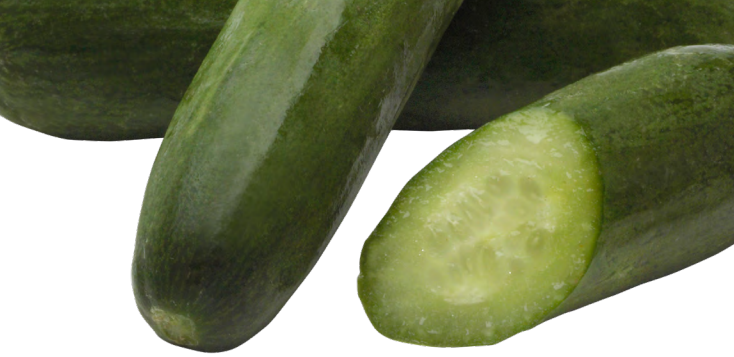


RECIPE INTRODUCTION







Whether you're a toddler or an adult, incorporating more fresh produce into your diet can be a challenge. So we've curated a selection of recipes that are perfect for introducing more fruits and vegetables into your meal and snack times.





QUKES® ANTIPASTO SKEWERS

-  Prep Time: 15min
-  Difficulty: Beginner
-  Cook Time: 0min
-  Course: Snack



3 VEG SERVES

Ingredients



- 175g Minicaps® baby capsicums
- 125g Brie, chopped
- 50g fig or quince paste, sliced
- 200g Sweet Solanato® tomatoes
- 250g Qukes® baby cucumbers, halved crossways
- 150g charcuterie (like salami, prosciutto, chorizo)
- 300g antipasto (like marinated artichokes, eggplant, zucchini)
- 60g stuffed mixed olives
- 125g cherry bocconcini drained
- 1 cup large basil leaves



Method

1. Cut the Minicaps® in half lengthways and top with chopped brie and fig paste.
2. Press Sweet Solanato® tomatoes, Qukes® baby cucumbers and stuffed Minicaps® randomly with charcuterie, antipasto, olives, bocconcini and basil leaves onto skewers.
3. Drizzle with extra virgin olive oil, season and serve.





SOLANATO® & QUKES® LUNCHBOX WITH HAM & CHEESE SANDWICH SKEWERS



3 VEG SERVES

½ FRUIT SERVES



Prep Time: 10min



Cook Time: 0min



Difficulty: Beginner



Course: Lunch

Ingredients

- 200g Sweet Solanato® Tomatoes
- 250g Qukes® baby cucumbers
- 2 slices white bread, crusted removed
- 2 tsp butter
- 30g shaved ham
- 2 slices tasty cheese
- 1 hard-boiled egg, peeled and halved
- Guacamole dip
- Carrot sticks
- Cubes cheese
- Arnott's sesame wheat crackers
- Perfection Fresh Strawberries and Blueberries
- Dried apricots

Method

1. Butter the bread. Top 1 slice of bread with ham and 2 slices of cheese. Sandwich together with remaining bread.
2. Cut into squares and skewer with the Sweet Solanato® Tomatoes and thickly sliced Qukes® baby cucumbers.
3. Place into the lunch box with the remaining ingredients.

Tip

Change up the fruit based on seasonal availability. For instance, add Perfection Raspberries or Calypso® mangoes in the summer. You can also change the crackers, and dips based on personal preference. For instance, add hummus or beetroot dip.





3 VEG SERVES



QUKES® RAINBOW VEGETABLE PLATTER WITH CASHEW BUTTER GUACAMOLE

 Prep Time: 15min
  Cook Time: 0min
 Difficulty: Beginner
  Course: Snack

Ingredients

- 250g Qukes® baby cucumbers, halved lengthways
- 175g Minicaps® baby capsicums
- 320g Mix-a-Mato® tomatoes
- 1 bunch radish, washed, trimmed
- 1 bunch baby carrots, trimmed, halved
- ¼ cup (60g) cashew butter
- ¼ cup (60g) crème fraiche or light sour cream
- 2 tbs Greek yoghurt
- 1 avocado, coarsely mashed
- 1 lime, juiced
- 3 tbs (85g) basil pesto
- Chopped salted cashews and baby basil leaves, to serve, optional

Method

1. Combine the cashew butter, crème fraiche and yoghurt in a bowl, mix until well combined. Add the avocado and 2 tablespoons lime juice. Season and stir gently to combine. Spoon into a bowl. Swirl through the basil pesto. Top with cashews and basil leaves.
2. Serve the cashew butter guacamole with Qukes® baby cucumbers, Minicaps® baby capsicums, Mix-a-Mato® tomatoes, radish and baby carrots.



TIP
 Replace the avocado with 1 cup beetroot dip and lime juice with orange juice.

TIP
 Replace the avocado with 1 cup hummus dip and lime juice with lemon juice.



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DECONSTRUCTED PERFECTION BERRYMISU

2 FRUIT SERVES



Prep Time: 30min



Cook Time: 1hr



Difficulty: Beginner



Course: Dessert

Ingredients

- 4 egg yolks
- 1/3 cup (70g) firmly packed brown sugar
- 2 tsp vanilla bean paste
- 100ml masala
- 100ml espresso, cooled
- 100ml Kahlua
- 215g (24) savoiardi sponge biscuits
- 250g mascarpone
- 300ml double cream
- 1/4 cup (45g) icing sugar, sifted
- 250g Perfection Strawberries, hulled, halved
- 125g Perfection Raspberries
- 125g Perfection Blueberries
- 125g Perfection Blackberries

Method

1. Place the egg yolks, sugar, vanilla and masala in a heatproof bowl. Whisk for 2-3 minutes until the sugar has dissolved. Place the bowl over a saucepan of gently simmering water (the bowl should fit snugly in the pan, without the base touching the water). Cook, whisking constantly for 8 minutes until the mixture is thick.
2. Remove from the heat. Place the bowl, uncovered in the fridge, for 30 minutes until the mixture feels cold. Meanwhile, combine the, espresso and Kahlua in a jug. Roughly chop the savoiardi and scatter them over a large serving platter. Spoon over the Kahlua mixture.
3. Spoon the mascarpone, double cream and icing sugar into a large bowl. Whisk the cooled masala mixture then add to the mascarpone and cream. Use a balloon whisk to whisk the mixture until it resembles dollop cream (don't over whisk it should be soft but still hold its form). Spoon the mixture over the savoiardi. Place into the fridge for 30 minutes.
4. Just before serving, scatter the berries over the espresso cream mixture and serve.



TIP

You can make the Berrymisu to the end step 4 up to 12 hours before serving.

TIP

The traditional, thin sponge finger biscuits are better for this recipe.

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ECOGANIC® RED TIP® BANANA TOASTIES

Ingredients

Ecoganic® Red Tip® Banana, Macadamia & Blueberry Toasties

- 2 tsp each sesame seeds, pepita seeds & sunflower seeds
- 4 thick slices 8 grain sour dough, toasted
- 4 tbs (90g) macadamia, hazelnut, or almond spread
- 3-4 Ecoganic® Red Tip® bananas, peeled, thickly sliced
- 125g Perfection Blueberries

Ecoganic® Red Tip® Banana, Ricotta & Thyme Honey Toasties

- 250g piece fresh ricotta
- 4 thick slices 8 grain sour dough, toasted
- 2 tsp vanilla bean paste
- 1/2 tsp dried chilli flakes
- 3-4 Ecoganic® Red Tip® bananas, peeled, thickly sliced
- 2 tbs honey
- 2 tsp thyme leaves

Ecoganic® Red Tip® Banana, Sesame Peanut Butter & Berry Toasties

- 4 tbs (90g) peanut butter
- 2 tbs tahini
- 4 thick slices 8 grain sour dough, toasted
- 3-4 Ecoganic® Red Tip® bananas, peeled, thickly sliced
- 125g Perfection Raspberries
- 2 tbs flaked coconut, toasted
- Agave syrup, to serve



2 FRUIT SERVES



Prep Time: 5min



Difficulty: Beginner



Cook Time: 10min



Course: Breakfast

Method

1. For the Banana, macadamia & blueberry toasties

Combine the sesame seeds, pepita and sunflower seeds in a small frying pan over medium heat. Cook, shaking the pan often, for 4 minutes until toasted. Remove to a bowl. Spread the toast with macadamia spread, top with banana and blueberries. Sprinkle with the toasted seed mix and serve.

2. For the Banana, ricotta & thyme honey toasties

Spread the ricotta over the toast. Drizzle with vanilla and sprinkle with chilli flakes. Top with banana. Combine the honey and thyme and drizzle over the banana and serve.

3. For the Banana, sesame peanut butter & berry toasties

Combine the peanut butter and tahini in a bowl, mix well. Spread the toast with the peanut butter mixture, top with banana, raspberries and coconut. Drizzle with agave syrup and serve.

