

Getting my girls to eat vegetables with their meals can be challenging. I recently learned about [Peas of Mind](#), all natural products made with real vegetables. [Peas of Mind](#) sprouted from the idea that as kids begin eating solid foods, the tastes and textures they experience will shape their eating habits for a lifetime. Their products are great for health-conscious parents who want to feed their growing kids delicious meals with organic ingredients, but don't have the time to make them from scratch. [Peas of Mind](#) products are found in the frozen food section of Whole Foods, other retailers can be found [here](#).



My family received the opportunity to try a [Peas of Mind](#) product. My youngest daughter tried the cauliflower veggie wedgies. [Veggie Wedgies](#), which look like french fries, come in three other flavors: broccoli, carrot, cauliflower, and apple. They come frozen and are very easy to make.

Place them on a baking tray and coat with non-stick spray then bake them for 10 minutes or until they are your desired crispness. I

sprinkled them with a little salt and garlic salt. *Each serving has more than half a serving of your child's recommended fruit and vegetable intake for a day.* My daughter usually doesn't like cauliflower but she had no problem scarfing these veggie fries down. They make a great "veggie side" for any meal. My oldest didn't try them because I noticed they are made in a facility that produces nuts and she has food allergies. I left a few to the side for myself and really enjoyed them. I am looking forward to trying other [Peas of Mind](#) products with her.

