

# 100 Ways to Serve 10 Fruits & Vegetables

	Mashed	Finely Diced	Shredded	Chunky Chopped	Coined
Apple	warm applesauce	simmer in water with cinnamon	toss with pineapple juice	cut and serve	cut and serve
Banana	with cinnamon or plain	cut and serve	freeze without peel, cut into thin strips when frozen	with dash of cinnamon	cut and serve
Broccoli	with cheddar cheese and cream	cook with pasture butter	shred stalk and slightly steam with pasture butter	steam with pasture butter	coin stalk and pan-fry in pasture butter until soft
Carrot	with dash of cumin or alone	cook	with cilantro and lime	cook with dash of cinnamon	cut and sauté with coconut oil
Pineapple	just mash	freeze and serve	cut very thinly and serve	dice with yogurt or cottage cheese	cut and serve
Squash, Butternut	just mash	cut and steam in orange juice	pan-fry with pasture butter or coconut oil	steam and serve	make large coins and oven roast
Sweet Peppers	oven roast, remove peels, and mash	cut and serve	sauté with olive oil	cut and serve	cut and serve
Peeled Sweet Potatoes	with cream	cut and steam in orange juice	sauté with pasture butter	steam with diced apples in apple juice	cut and pan-fry with pasture butter
Tomatoes	as tomato sauce over a favorite grain	with olive oil and balsamic vinegar	cut in half, remove seeds, cut into very thin strips	chill with basil and goat cheese	cut and serve
Zucchini	with cream and parmesan cheese	with basil and garlic	steam with pasture butter	stew with pasture butter	cut and serve raw with a dip

Chilled	Cooked	Strips	Dehydrated	Natural State <small>(not necessarily to eat, but to explore)</small>
chilled applesauce	oven roast with butter and cinnamon	cut and serve	serve apple rings	just an apple
chill and serve	use a yellow (not brown) banana, cut and brown in butter	cut into 2–4 long spears	serve banana chips	just a whole banana with peel
steam broccoli crowns, chill and serve	oven roast crown with coconut oil	cut stalk, steam, chill, and serve with a dip	cut stalk into thin coins	just a broccoli stalk with crown
slightly steam cut carrots, chill, and serve with a dip	cut and cook in broth	cut in strips, chill, and serve with a dip	cut into thin coins	just a carrot
cut into thick strips and freeze on popsicle stick	dice and cook in coconut oil	cut into very long sticks and serve	pineapple chips	just a pineapple
cut, steam, and chill	your choice	butternut squash fries (oven roasted)	butternut squash chips	just a butternut squash
dice and serve frozen	cut and sauté in pasture butter	cut and serve with a dip	pepper chips	just a pepper
steam, chill, and serve with yogurt dip	bake unpeeled	oven roast with pasture butter	sweet potato chips	just a sweet potato
cut and serve cold	slice and oven roast with olive oil and thyme	cut and serve	sun-dried tomatoes	just a tomato (large)
cut into strips, chill, and serve with a dip	slice into coins and oven roast with olive oil	cut, slightly steam	zucchini chips	just a zucchini