

Peas of Mind: Veggies for Kids

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Need peace of mind with your children's health? Many [parents](#) worry their children aren't getting enough veggies. Either they won't eat them, you don't have time to make them, or whatever!

But it's important. You [kids](#) need the nutrition. They need to get used to eating veggies.

There's something new that can ease the family into eating healthy.

[Peas of Mind](#) has frozen veggie products that are organic and easy to make.

They make veggie fries and puffets, frozen mini casseroles. You just microwave them for 2 minutes and they are ready. Organic ingredients, no added sugars, nothing genetically engineered.

They have baked broccoli fries, carrot fries, and apple fries.

I found them at SuperTarget at Crossroads Mall. Check out the website to see if your store carries them. I did have to look in the frozen health food section, not the veggies/potatoes section.

Enjoy!



Peas of Mind Puffets