



Peas of Mind, a frozen food company specifically designed for growing kids, has created an innovative new way for parents to feed their kids veggies! I didn't taste these myself, but they are something I'd love to buy my picky 1 year old toddler and my even more vegetable proof 3 year old daughter. They sound yummy and tasty so maybe these will do the trick? Veggie Wedgies are baked, crispy french fries made

from REAL vegetables! There are four different flavors including Broccoli, Carrot, Cauliflower and Apple.

Veggie Wedgies are vegan, fat free, and completely allergen free so they make a great snack or side dish for the whole family. Unlike regular french fries which are filled with oil and sodium, Veggie Wedgies are baked full of vitamins and nutrients! 1 serving of Veggie Wedgies (14 fries) contains more than 1/2 the recommended daily intake of fruit or vegetable for growing kids (per the American Heart Association guidelines). Peas of Mind products sell in a growing number of grocery stores nationwide and on Amazon.com.