

Always

pack a
water bottle



Tips for staying hydrated

**Win with
water!**

**Rehydration is all about replacing
fluids lost – water is best**

For more information, tips and recipes, see
<https://hw.qld.gov.au/blog/boost-your-recipes>



Add

frozen fruit or
plain sparkling
water for variety



Skip

unnecessary
sugary drinks and
sports drinks

**health +
wellbeing**
Queensland



**Queensland
Government**

Savoury Muffins

This tasty muffin is so light and fluffy
PLUS has half a serve of veggies per muffin!



Cooking tip

Mix-up the veggies used in this recipe to include what you have available and what's in season.



Storage tip

Save time by cooking a batch (or 2!) and freeze leftover muffins for up to 1 month.

Makes: 12 serves

Serves: 0.5 serves of vegetables (per serve)

Recipe produced in conjunction with Nutrition Australia Qld.



Scan for recipe