

# Mushrooms

These funny-looking snacks are a delicious bomb of vitamins and minerals!



Try it! Mushrooms have a unique "meaty" or savory flavor. Their flavor makes them very versatile to be used in many dishes, salads or just by themselves!

Veggie  
FUN!



## Fun Facts:

- Mushrooms are actually a fungus, not a vegetable.
- There are 10,000 different types of mushrooms in North America!

## Nutrition

Containing a blast of nutrients, mushrooms are a good source of Vitamin D which helps your bones become strong as well as keeping your muscles in good working order!

