## CLAIMS

The invention is claimed as follows:

1. A nutritional product comprising:

at least 75% by weight of at least one vegetable, wherein the product is in the form of a homogeneous plastic mass having a water activity ranging from 0.3 to 1.0, wherein the homogeneous plastic mass is formed by a cold extrusion process.

2. The nutritional product according to Claim 1, wherein the at least one vegetable is selected from the group consisting of amaranth, arugula, brussels sprouts, cabbage, celery, lettuce, radicchio, water cress, spinach, mushrooms, peas, beans, beets, carrots, ~~potatoes,~~ radish, rutabaga, turnips, squash, pumpkin, potato, sweet potato, zucchini, and combinations thereof.

3. The nutritional product according to Claim 1, further comprising: at least one coloring agent; at least one flavoring agent; at least one source of protein; at least one source of carbohydrates; at least one source of fat; at least one amino acid; at least one antioxidant; at least one source of ω-3 fatty acids; at least one nucleotide; at least one source of phytonutrients; at least one prebiotic; at least one probiotic; at least one vitamin; at least one mineral; at least one fruit; or combinations thereof.

4. The nutritional product according to Claim 1, wherein the product is in a solid or semi-solid form having a shape selected from the group consisting of a bar, a cylinder, a sphere, a cube, a star, a prism, a disc, and combinations thereof.

5. A nutritional product comprising:

at least 15% by weight of at least one vegetable and at least 40% by weight of at least one fruit, wherein the product is in the form of a homogeneous plastic mass having a water activity ranging from 0.3 to 1.0, wherein the homogeneous plastic mass is formed by a cold extrusion process.

6. The nutritional product according to Claim 5, wherein the at least one vegetable is selected from the group consisting of amaranth, arugula, brussels sprouts,

cabbage, celery lettuce, radicchio, water cress, spinach mushrooms, peas, beans, beets, carrots~~, potatoes~~, radish, rutabaga, turnips, squash, pumpkin, potato, sweet potato, zucchini, and combinations thereof.

7. The nutritional product according to Claim 5, wherein the at least one fruit is selected from the group consisting of apples, bananas, coconut, pear, apricot, peach, nectarines, plum, cherry, blackberry, raspberry, mulberry, strawberry, cranberry, blueberry, grapes, grapefruit, kiwi, rhubarb, papaya, melon, watermelon, pomegranate, lemon, lime, mandarin, orange, tangerine, guava, mango, pineapple, tomato, and combinations thereof.

8. The nutritional product according to Claim 5, further comprising: at least one coloring agent; at least one flavoring agent; at least one source of protein; at least one source of carbohydrates; at least one source of fat; at least one amino acid; at least one antioxidant; at least one source of ω-3 fatty acids; at least one nucleotide; at least one source of phytonutrients; at least one prebiotic; at least one probiotic; at least one vitamin; at least one mineral; or combinations thereof.

9. The nutritional product according to Claim 5, wherein the product is in a solid or semi-solid form having a shape selected from the group consisting of a bar, a cylinder, a sphere, a cube, a star, a prism, a disc, and combinations thereof.

10. A method for making a nutritional product, the method comprising:

providing a composition including at least one vegetable;

drying the vegetable composition to a predetermined moisture content;

adding additional ingredients to the vegetable composition to form a mixture; blending the mixture; and

extruding the mixture to form a nutritional product,

wherein the nutritional product has at least 75% by weight of the at least one vegetable~~, and~~;

wherein the nutritional product is in the form of a homogeneous plastic mass having a water activity ranging from 0.3 to 1.0; and

wherein the step of extruding the mixture to form a nutritional product is a cold extrusion process.

11. The method according to Claim 10, wherein the nutritional product is selected from the group claimed in Claims 1 to Claim 4.

12. The method according to Claim 10, wherein the composition includes from 2 to 8 different vegetables.

13. The method according to Claim 10, wherein the at least one vegetable of the composition is in a form selected from the solid, puree, juice, powder, and combinations thereof.

14. The method according to Claim 10, wherein the additional ingredients are selected from the group consisting of flavoring agent, coloring agent, vitamins, minerals, fruit juice, fruit pulp, fruit juice concentrate, fruit solids, organic acid, vegetable juice, vegetable solids, protein, carbohydrate, fat, amino acid, antioxidant, ω-3 fatty acid, nucleotide; phytonutrient, prebiotic, probiotic, and combinations thereof.

15. The method according to Claim 10, further comprising at least one of:

rolling the extruded mixture to a first predetermined thickness from 2 mm to 7 mm;

rolling the extruded mixture to a second predetermined thickness from 1 mm to 6 mm;

cooling the nutritional product to below 18ºC;

cutting the nutritional product;

wrapping the nutritional product;

packaging the nutritional product;

and combinations thereof.

16. A method for making a nutritional product, the method comprising:

providing a composition including at least one vegetable and at least one fruit;

drying the vegetable and fruit composition to a predetermined moisture content;

adding additional ingredients to the vegetable and fruit composition to form a mixture;

blending the mixture; and

extruding the mixture to form a nutritional product,

wherein the nutritional product has at least 15% by weight of the at least one vegetable and at least 40% by weight of the at least one fruit~~, and~~;

wherein the product is in the form of a homogeneous plastic mass having a water activity ranging from 0.3 to 1.0; and

wherein the step of extruding the mixture to form a nutritional product is a cold extrusion process.

17. The method according to Claim 16, wherein the nutritional product is selected from the group claimed in Claims 5 to Claim 9.

18. The method according to Claim 16, wherein the composition includes from 2 to 16 different vegetables and fruits.

19. The method according to Claim 16, wherein the at least one vegetable and the at least one fruit of the composition is in a form selected from the solid, puree, juice, powder, and combinations thereof.

20. The method according to Claim 16, wherein the additional ingredients are selected from the group consisting of flavoring agent, coloring agent, vitamins, minerals, fruit juice, fruit pulp, fruit juice concentrate, fruit solids, organic acid, vegetable juice, vegetable solids, protein, carbohydrate, fat, amino acid, antioxidant, ω-3 fatty acid, nucleotide; phytonutrient, prebiotic, probiotic, and combinations thereof.

21. The method according to Claim 16, further comprising at least one of:

rolling the extruded mixture to a first predetermined thickness from 2 mm to 7 mm;

rolling the extruded mixture to a second predetermined thickness from 1 mm to 6 mm;

cooling the nutritional product to below 18ºC;

cutting the nutritional product;

wrapping the nutritional product;

packaging the nutritional product;

and combinations thereof.

22. ~~A method for providing~~ Use of a nutritional product ~~to an individual in need of same, the method comprising:~~

~~providing a nutritional product~~ selected from the group claimed in Claim 1 to Claim 9 in the manufacture of ~~; and~~

~~administering~~ the nutritional product ~~to~~for an individual in need of same.

23. ~~A method for providing~~Use of a nutritional product ~~to an individual in need of same, the method comprising:~~

~~providing a nutritional product~~ made by the method selected from the group claimed in Claim 10 to Claim 21~~; and~~ in the manufacture of

~~administering~~ the nutritional product ~~to~~ for an individual in need of same.