

## The simp√est woy

... to use Autumn fruit and veg.

Apples, bananas, pears, and cucumbers are in season and usually cheapest in Autumn.



## Try these snack ideas:

- Stewed apples and sultanas
- Banana bread
- <u>Cucumber and cream cheese</u> sandwiches
- Sliced pear drizzled with lemon juice

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