



# Fruit and vegetables that can't be missed on your table with the arrival of autumn

With the change of season, seasonal fruits and vegetables such as citrus fruits - oranges, mandarins and clementines - apples and broccoli are fresher, taste better and are perfect for the [#Longlifechallenge](#).

The challenge is easy and appetizing: eat 5 pieces of fruit and vegetables a day - full of nutritional benefits - and integrate them into your diet and traditional dishes.

October 2023 – Autumn is already here. The end of summer marks the beginning of the harvesting of numerous **fruits and vegetables** of **European origin** that will be the main protagonists of countless delicious recipes over the coming months. Now is the time for citrus fruits, especially **oranges, mandarins and clementines (from Valencia, Spain)**, but also **apples (from Poland)** and **broccoli (from Spain)**. These fresh, seasonal fruits and vegetables offer the nutritional benefits that the body needs.

This autumn comes loaded with vegetables and fruits that are part of the [#longlifechallenge](#). The challenge of this campaign is simple and very feasible, as well as tempting: **to eat 5 pieces** during the day to provide benefits to our immune system and prepare us for the arrival of cold weather, -even more so if they are accompanied by a balanced diet-.

Taking advantage of seasonal foods is a great idea as they are at their optimum time of consumption, and as they are in season, fruit and vegetables taste better and have a better price than if they were not.

## RECIPES TO INCORPORATE INTO THE DAILY DIET

To incorporate fruit and vegetables into our daily lives in a fun and succulent way, we can use the interesting recipes that appear on the website <https://longlifechallenge.eu/en/recipes/>. These include different ways of preparing them: steamed, as part of original salads, delicious *stir-fries* or stews. These are very complete foods that are beginning to appeal with the arrival of cold weather and that help us to eat a healthy diet throughout the day: from breakfast to lunch, a snack or a dessert, an afternoon snack or a dinner shared with family or friends. They also add new flavours to traditional dishes. This will help us to reach the challenge of eating **5 pieces a day**:

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## BREAKFAST:



**PANCAKES WITH MANDARIN ORANGES.** [Cocoa, banana and coconut pancakes with kefir yoghurt and mandarin oranges.](#)

**TANGERINE SNACK.** [Tangerine appetizer covered in chocolate with toasted walnuts and fleur de sel.](#)

**TANGERINES AND CLEMENTINES** (<https://longlifechallenge.eu/en/mandarins-y-clementines/>). This quick and healthy snack stands out for its size and ease of peeling. Perfect for carrying with you all day and snacking on a break.

## LUNCH:

**ORANGE SALAD.** [Green salad with orange, pomegranate and walnuts.](#)

**STRUDEL WITH BROCCOLI.** [Vegan broccoli, onion and mozzarella strudel.](#)

### DESSERT:

**ORANGE CHIA PUDDING.** [Orange and coconut chia pudding.](#)

**ORANGES** (<https://longlifechallenge.eu/en/oranges/>).

They show enormous versatility of consumption, both fresh and in juices (always referring to freshly squeezed fresh fruit juices).



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**SNACK:**

**BROCCOLI AND APPLE SMOOTHIE.** [Green smoothie with broccoli, avocado, spinach and apple.](#)

**APPLE:** Apples are a very common food on our tables as fruit but also as an ingredient in delicious dishes. They provide carbohydrates, fiber, *potassium* and vitamin C, which contribute to the total diet.  
<https://longlifechallenge.eu/en/apples//>



**DINNER:**



**BROCCOLI QUICHE.** [Broccoli and salmon quiche.](#)

**BROCCOLI.** Considered one of the best vegetables for all the nutrients it contains, **broccoli** is very versatile for innovative stews, provides a good amount of vitamins, which makes it a natural antioxidant and a source of fat-free fiber.  
<https://longlifechallenge.eu/en/broccoli/>

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## About FruitVegetablesEUROPE

Founded 60 years ago, FruitVegetablesEUROPE is the European Fruit and Vegetable Association that defends, represents and promotes European fruit and vegetables. Based in Brussels, FruitVegetablesEUROPE acts as a liaison between sectoral stakeholders and policy makers in the European institutions, giving a voice to the European fruit and vegetable sector. The members of FruitVegetablesEUROPE are national and regional federations/associations (mainly producer organisations and associations) and companies from the main fruit and vegetable producing countries of the EU (France, Germany, Greece, Italy, Poland, Portugal and Spain).

[www.eucofel.eu](http://www.eucofel.eu)

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