



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.

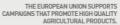
RECIPES TO INCORPORATE INTO THE DAILY DIET

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-yclementines/). 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://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 diet. to the total 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 fiber. fat-free

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

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