

# The simplest way

... to use spring vegetables.

Fruit and vegetables are tastiest and cheapest when they are in season.

During Spring, mandarins, pineapples, berries, asparagus, cucumber, green beans, zucchini, mushrooms and peas are all in season.



Here are some fruit and veg filled, spring ideas:

- [Green frittata](#)
- [Fattoush salad](#)
- [Moroccan lentil salad](#)
- [Tofu Korma](#)
- [Zucchini and turmeric salmon patties](#)
- [Healthy banana split pots](#)
- [Yoghurt rice pudding](#)
- [Frozen fruit puree](#)