

The simplest way

...to enjoy autumn produce.

In-season fruit and veg not only taste great, they're much cheaper than at other times of the year.



Plus there are plenty of ways to turn excess autumn produce into easy family-friendly meals and lunch box snacks.

Apple (red delicious, Granny Smith): apple porridge; apple crumble.

Banana: banana bread; banana and oats smoothie.

Mushroom: ginger, mushroom and fish stir-fry; chicken and mushroom sausage rolls; beef and mushroom meatloaf.

Pumpkin: pumpkin, spinach and cheese cannelloni; spicy pumpkin soup.

Zucchini: zucchini quiche with rice crust; zucchini and corn fritters.

Go to eatittobeatit.com.au for the recipes.

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