

Nutrition Snippet

AUTUMN FRUIT AND VEG.



It's the International Year of Fruit and Veg!

Why not celebrate by trying these seasonal recipes:

- [Stewed apples and sultanas](#)
- [Pumpkin and cheese pikelets](#)
- [Vegetable pasta bake](#)
- [Sweet potato and lentil curry](#)
- [Shepherd's pie](#)

For these recipes and more visit:
healthylunchbox.com.au



Cancer Council
Healthy Lunch Box