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#400GCHALLENGE

CELEBRATING WITH FRUIT AND VEG

Chocolate might be traditional for Valentine's Day, but whatever you're celebrating this month – be that a birthday, an anniversary, or the international day of love - there are plenty of gourmet desserts with fruit to get you in a celebratory mood.

TROPICAL FRUIT SALAD

BRIGHTEN UP YOUR COLD WINTER DAYS WITH A MIX OF KIWI, BANANA AND PINEAPPLE WITH A TOUCH OF LIME AND CINNAMON!

*Manganese
+ Potassium*

*Vitamin C
+ Manganese*

*Vitamin C
+ Copper*

Vitamin C

ORANGE WITH TOASTED PISTACHIOS!

PERFECT WITH
GREEK YOGHURT
OR CRÈME FRAICHE!

ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



¹<https://www.bbcgoodfood.com/recipes/nutty-orange-platter>

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