

Follow me
TO BE HEALTHY!



#400GCHALLENGE

AROUND EUROPE WITH FRUIT AND VEG: SPAIN

Travelling might not be possible right now, so why not explore a different culture through fruit and veg? Let food take you on a journey!

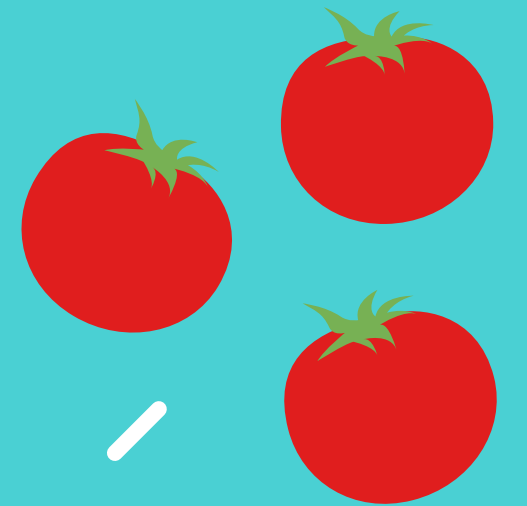
In the first of our three-part series, we'll look at some classic fruit and veg dishes from a country's national cuisine. First up is Spain – the land of tapas!



PAN CON TOMATE¹

“BREAD WITH TOMATO”
IS A SIGNATURE
TOAST DISH.

TAPAS



PADRÓN PEPPERS²

A DELICACY FROM THE NORTH.



ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

¹https://www.aprifel.com/fr/fiche-nutritionnelle/tomate-cotelee-coeur-de-boeuf/?tab=allegations_nutritionnelles
²https://www.aprifel.com/fr/fiche-nutritionnelle/poivron-vert/?tab=allegations_nutritionnelles