

# The simplest way

... to use Autumn fruit and veg.

Apples, bananas, pears, and cucumbers are in season and usually cheapest in Autumn.



## Try these snack ideas:

- [Stewed apples and sultanas](#)
- [Banana bread](#)
- [Cucumber and cream cheese sandwiches](#)
- Sliced pear drizzled with lemon juice

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