

Press Release

Adelaide Produce Market



Wednesday, 10 February 2010

Romantic Fruit and Veg Recipes For Valentine's Day

For all of those wondering how to express their heartfelt emotions to their better half this Valentine's Day simply look to fruit and veg.

The Go for 2&5® campaign has been encouraging Australians to incorporate 2 serves of fruit and 5 serves of vegetables in their everyday diet, so why not start with Valentine's Day.

For romantic ways to say I love you to that special someone in your life....

Start with a candle lit room and:

- A platter of fruit (grapes, strawberries, cherries, apples, melons, etc) – fruit that in ancient times was considered food for the gods
- Enjoy Tzatziki, Eggplant Dip, Gaucamole or White Bean Pate with freshly cut up carrot, cucumber or celery sticks.

For those with more of a sweet tooth spoil your valentine with;

- Plum Sponge Pudding or a Fruity Rice Pudding
- Apple and Banana Hot Cakes.

Nothing says I love you more than;

- a cool Avocado and Banana Flip
- or a refreshing Watermelon Crush.

Go Romantic! Go For 2&5® Everyday!

For more ideas and tips, go to www.gofor2and5.com.au

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