

Press Release

Adelaide Produce Market



Wednesday, 5 May 2010

Celebrate Mother's Day the Fruit and Veg Way

With Mother's Day just around the corner on May 9, don't waste money on flowers this year, instead go to your local greengrocer or market this Sunday morning and treat your Mum to some appetizing fruit and veg treats during the day.

Show your Mum you love her by spoiling her with breakfast in bed. Some scrumptious Apple and Banana Hot Cakes coupled with a bowl of freshly made fruit salad will definitely make your Mum feel like queen for a day.

For a light and tasty lunch perfect for the autumn season, prepare your Mum some hearty Minestrone Soup with some fresh carrots, tomatoes, celery and parsnips complimenting the meal with some fresh, crunchy bread.

Make your Mum feel really special by finishing the day with a mouth-watering Roast combined with a variety of roasted vegetables.

For those of you wanting to go all out a warm Fruit Crumble for dessert is ideal for a cool autumn evening.

Show your Mum you love her by preparing a meal that will cater to her taste buds as well as her health.

Go for Fruit and Veg this Mother's Day. Go for 2&5® Everyday!

For tips and recipes, go to: www.gofor2and5.com.au

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