



# FARMERS FEEDING UTAH

## Fruit

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Fruits - Focus on whole fruits:

Eat seasonally! Checking what fruits are in season in your area can help save money.

Craving something sweet? Try dried fruits like cranberries, mango, apricots, cherries, or raisins. To meet your fruit goal—keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.

### BEST COOKING PROCEDURES

Before eating or preparing fresh fruits and vegetables, wash the produce under cold running tap water to remove any lingering dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. These products are not approved or labeled by the U.S. Food and Drug Administration (FDA) for use on foods. You could ingest residues from soap or detergent absorbed on the produce.

When preparing fruits and vegetables, cut away any damaged or bruised areas because bacteria that causes illness can thrive in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

### CLASSIC USES

Chocolate Chip Cherry Bars  
Brownie Cherry Bars  
Banana Berry Muffins  
Blueberry Muffin  
Peach Bran Muffins  
Healthier Banana Bread  
Apple Cranberry Salad  
Fresh Fruit Cinnamon Yogurt Dip  
Peachy Yogurt Parfait  
Strawberry Banana Parfait  
Peanut Butter Banana Smoothie  
Whole Wheat Apple Pancakes



# Recipes

**Prep Time** 15 minutes  
**Cook Time** 25 minutes  
**Total Time** 40 minutes  
**Servings** 12

## Banana Berry Muffins

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- ¼ cup unsweetened applesauce
- ¼ cup sugar
- 1 egg
- 2 ripe bananas, mashed
- ½ cup whole-wheat flour
- ¼ cup quick cooking oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup blueberries or strawberries (fresh or frozen)

### DIRECTIONS

- Preheat oven to 350 degrees F.
- Spray a 12-cup muffin pan with non-stick cooking spray.
- In a medium-sized bowl, combine applesauce, sugar, egg, and banana. Mix well.
- In a large bowl, mix flour, oats, baking powder, baking soda, and salt. Add the applesauce mixture to the bowl with the dry ingredients; mix just until batter is moist.
- Gently add berries and fold into the mixture.
- Fill each muffin cup about ¾ full of batter.
- Bake for 25 minutes until lightly brown.
- Cool for 10 minutes and remove from pan.

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## Blueberry Muffins

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- 1 cup applesauce
- ½ cup sugar
- 2 teaspoons canola oil
- Juice from one lemon
- ½ teaspoon lemon peel zest
- 1 egg
- 1 cup whole-wheat flour
- 1 cup quick cooking oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup blueberries (frozen or fresh)

### DIRECTIONS

- Preheat oven to 350 degrees F.
- Spray a 12-cup muffin pan with non-stick cooking spray.
- In a medium-sized bowl, combine applesauce, sugar, lemon juice, lemon zest, and egg; Mix well.
- In a large bowl, mix flour, oats, baking powder, baking soda, and salt. Add the applesauce mixture to the bowl with the dry ingredients; mix just until batter is moist.
- Gently add berries into the mixture.
- Fill each muffin cup about ¾ full of batter.
- Bake for 25-30 minutes until lightly brown.
- Cool for 10 minutes and remove from pan.