



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 20 minutes
Freeze Time 2 hours
Total Time 2 hours 20 minutes
Servings 10

Frozen Yogurt Fruit Bites

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 16 oz. low-fat yogurt, any flavor
- ½ cup milk
- 1 Tbsp. honey
- 1 ½ cups fruit, chopped into bite-sized pieces (kiwi, peaches, bananas, raspberries, blueberries, or strawberries all work well).

DIRECTIONS

Line a mini-muffin pan with paper liners. In a medium bowl, whisk together the yogurt, milk, and honey. Pour a small amount of yogurt mixture into each liner to fill 1/3 of the way full. Add a few pieces of fruit. Pour more of the yogurt mixture into each liner to fill each one up. Top with another piece of fruit. Freeze until solid, at least 2 hours. Remove from freezer and pull of the cupcake liner to serve frozen.

Recipes

Prep Time 15 minutes
Cook Time 45 minutes
Total Time 1 hour
Servings 4

Apple Cinnamon Baked Pear

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 4 ripe pears with stems, washed and dried
- 2 cups apple juice (100% fruit juice preferred)
- ¼ cup honey
- 2 tsp ground cinnamon
- 4 bay leaves
- ½-1 tsp. orange zest*

DIRECTIONS

Preheat oven to 400° F. Cut a thin slice off the bottom of each pear so they will stand upright. Place pears evenly around a 9 - 10 inch pie pan or similar baking dish. Whisk apple juice and honey together until well blended and pour over pears. Add cinnamon, bay leaves, and orange zest to the juice mixture around the pears. Bake the pears for 45 minutes to 1 hour, until the pears are wrinkled and tender, basting pears with sauce every 15 minutes of baking time. Remove pears from baking pan and place in a shallow dessert bowl. Drizzle with the sauce from the pan and serve. Pears can be eaten warm, at room temperature or chilled.

*Be sure to scrub the orange thoroughly before shaving off the zest. Use a vegetable peeler or cheese grater to shave off the zest. Avoid getting the bitter white pith with the zest.