



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 45 minutes
Servings 12

Peach Bran Muffins

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 ½ cups bran cereal
- 1 cup 1% low-fat milk
- 1 egg, beaten
- ¼ cup vegetable oil
- 1 cup whole wheat flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoons baking soda
- ½ teaspoon cinnamon
- ½ teaspoon lemon peel/zest (optional)
- ¼ teaspoon salt
- 1 cup drained canned peaches, chopped
- Nonstick cooking spray

DIRECTIONS

- Preheat oven to 375 degrees F.
- In a medium bowl, combine bran cereal and milk; let soak for 3 minutes or until liquid is absorbed.
- Stir in egg and oil.
- In another bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. If using lemon peel add that too. Stir together well.
- Add bran mixture, all at once, to flour mixture, stirring just until wet; batter will be thick.
- Gently stir in peaches.
- Fill muffin cups coated with nonstick cooking spray to just below the rim, making sure not to fill completely.
- Bake for 20-25 minutes or until golden brown and a toothpick comes out clean.
- Cool in pan for 10 minutes; remove and serve.

Recipes

Prep Time 15 minutes
Cook Time 60 minutes
Total Time 1 ¼ hours
Servings 10

Healthier Banana Bread

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 tablespoons butter
- 2 tablespoons canola oil
- 1 cup nonfat buttermilk
- ¾ cups brown sugar
- 2 eggs
- 4 over-ripe bananas, mashed
- ½ teaspoon vanilla
- 1 ½ cups whole-grain flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- Other optional ingredients:
- ½ cup fruit (blueberries, dried apricots, raisins)
- ½ cup nuts (walnuts, pecans, sunflower seeds)
- ½ cup coconut

DIRECTIONS

- Preheat Oven to 350 degrees F.
- Cream butter, canola oil, and brown sugar. Add buttermilk, eggs vanilla, and mashed bananas. Mix well.
- In a separate bowl, mix whole-grain flour, baking soda, and salt. Add dry ingredients to wet ingredients and mix until moist.
- Gently fold in any added ingredients.
- Pan spray a loaf Pan. Pour batter into loaf pan.
- Bake at 350 degrees F for 60 minutes. Refrigerate leftovers (if it lasts that long).