



# 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** 10 minutes  
**Cook Time** 0 minutes  
**Total Time** 10 minutes  
**Servings** 2

## Peanut Butter Banana Smoothie

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

### INGREDIENTS

- 2 small bananas (ripe, sliced, frozen)
- 1 cup skim milk
- 1 ½ tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup low fat vanilla yogurt
- 1 ½ cups ice

### DIRECTIONS

- Peel bananas, slice into small pieces and place in freezer until hard. At least 4 hours or do it the night before.
- Gather all ingredients and put all ingredients in a blender.
- Blend on high until smooth.
- Pour into 2 glasses. Serve right away.

This delicious blend of Milk, yogurt, bananas, and peanut butter makes for a filling breakfast on-the-go. Cocoa powder lends a touch of sweet that also hits the spot as an afternoon snack.

# Recipes

**Prep Time** 10 minutes  
**Cook Time** 10 minutes  
**Total Time** 20 minutes  
**Servings** 4

## Whole Grain Apple Spiced Pancakes

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

### INGREDIENTS

- 1 cup whole wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- ¼ cup unsalted pecan, chopped (optional)
- 2 large eggs
- 1 ½ cup fat-free (skim) milk
- 1 tablespoon vegetable oil
- 1 medium apple, cored, peeled, & diced
- Natural peanut butter
- Unsweetened applesauce
- 1 teaspoon powder sugar

### DIRECTIONS

- Preheat pancake griddle to 350° F.
- Combine flour, oats, baking powder, sugar, cinnamon, and pecans in a large bowl.
- Combine eggs, milk, vegetable oil in a separate bowl, and mix well.
- Add liquid mixture to the dry ingredients and stir together. Fold in diced apple. Do not over mix; mixture should be a bit lumpy.
- Pour batter onto preheated griddle. When pancakes are golden brown flip them over and cook on the other side until it is golden brown.
- Top pancakes with peanut butter, applesauce, and/or a light dusting of powder sugar to each pancake and serve.