



# 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** 8

## Strawberry Banana Parfait

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

### INGREDIENTS

- 32-ounce container strawberry yogurt
- 32-ounce container vanilla yogurt
- 3 bananas, sliced
- 2 cups strawberries, sliced
- 2 teaspoons lemon juice
- Granola

### DIRECTIONS

- Wash strawberries and remove stem. Slice banana and strawberries.
- Mix banana slices and strawberry slices together. Add the lemon juice; mix so lemon juice is evenly distributed over bananas and strawberries.
- Line up 8 dessert cups.
- Place  $\frac{1}{3}$  cup of strawberry yogurt on the bottom of the cup.
- Add  $\frac{1}{4}$  cup banana strawberry mixture on top of the strawberry yogurt.
- Layer  $\frac{1}{3}$  cup vanilla yogurt on top of fruit mixture. Add another  $\frac{1}{4}$  cup layer of banana strawberry mixture.
- Sprinkle a spoonful of granola on top. Enjoy!

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## Peachy Parfait

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

### INGREDIENTS

- 2 (15-ounces) canned peaches, sliced and packed in 100% juice\*
- 1 (32 ounces) container of peach yogurt
- 1 (32 ounces) container of vanilla yogurt
- Granola
- Sprinkle of cinnamon (optional)

\*Can substitute fresh sliced peaches or frozen peaches for canned peaches.

### DIRECTIONS

- Line up 8 dessert cups.
- Start by putting  $\frac{1}{3}$  cup of peach yogurt in cup. The peaches can be used in the juice or you may drain them.
- Place  $\frac{1}{4}$  cup peaches on top of peach yogurt.
- Continue to layer by placing  $\frac{1}{3}$  cup vanilla yogurt on top of the peaches.
- Add one more layer of  $\frac{1}{4}$  cup sliced peaches.
- Sprinkle a spoonful granola.
- Add just a light sprinkle of cinnamon on top. Enjoy!