



Description

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.

Remember to 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.

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

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.



Fresh Fruit with Cinnamon Yogurt Dip



Prep Time: 15 minutes
Cook Time: 0 minutes
Total Time: 15 minutes

Ingredients

- 1 apple
- 1 banana
- 1/4 cup pineapple juice
- 1 orange
- 1 cup strawberries
- 1 cup grapes
- 1 cup vanilla yogurt, low-fat
- 1/2 teaspoon cinnamon

Directions

Core and slice the apple. Slice banana into 1/2 inch circles. Pour pineapple juice into small bowl. Dip the apple slices and banana slices into the pineapple juice to prevent from browning. Keep them in juice 5 minutes, then move to serving plate. Discard the pineapple juice.

Peel the orange and break it into sections. Wash and trim tops off the strawberries. Wash grapes and dry with paper towel. Remove from grape stems.

Arrange fruit on a plate. Mix the yogurt and cinnamon in a small bowl. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

An optional idea is instead of making a fruit plate is to make this as a fruit salad and mix in the cinnamon yogurt.

Yield: 6 servings

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

