



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.



Frozen Yogurt Fruit Bites



Prep Time: 20 minutes
Freeze Time: 2 hours
Total Time: 2 hours 20 minutes

Ingredients

- mini-muffin liners
- 1 (16 ounce) container of low-fat yogurt, any flavor
- 1/2 cup milk
- 1 tablespoon honey
- 1 1/2 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.

Yield: 10 servings

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

