

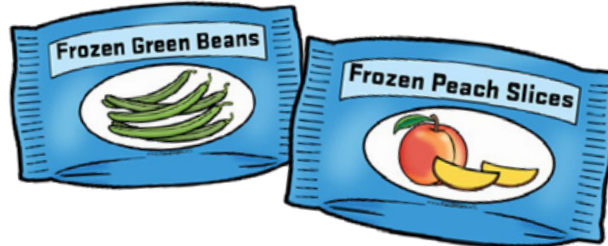


# Fun With Frozen Foods!



Freezing is a good way to store fruits and vegetables!

Go to **FoodHero.org** to learn tips on freezing fruits and vegetables.



## Did you know?

Fruits and vegetables are just as nutritious after they have been frozen as when they are eaten fresh. By choosing frozen foods, you can enjoy your favorite fruits and veggies year-round!

What fruit would you put in your Frozen Fruit Yogurt?

Draw it below!



## Frozen Fruit Yogurt



### Ingredients

- 4 cups **frozen fruit** (try your favorite or a mix—peaches, berries, pineapple)
- 1 cup nonfat or low-fat **plain yogurt**
- 3 Tablespoons **sugar**

### Directions

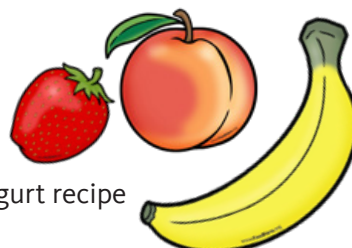
1. Wash hands with soap and water for 20 seconds.
2. Combine frozen fruit, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes.
3. Serve immediately or store in an airtight container in the freezer for up to 1 month.
4. Freeze or refrigerate leftovers within 2 hours.



## Kids Can! Food Hero Cooking Class Challenge

It's fun to taste food that you helped make! You can help by:

- choosing fruit for the frozen yogurt recipe
- measuring ingredients



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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