

Cool Down and Fuel Up with Fruits and Veggies

Many fruits and vegetables are at their best during the summer season.

There are so many ways to enjoy them! Always remember to wash your veggies and fruit before eating.

- fresh cucumbers, tomatoes
- grilled zucchini, green beans
- frozen raspberries, blueberries, bananas
- roasted onions, potatoes, eggplant
- sautéed mushrooms, celery, carrots
- blended in a smoothie try a mix of fruits and veggies too!



Choose a rainbow of color!

Eat produce from all color groups to get a variety of nutrients.

Fruit Apples Peaches Green Grapes Blueberries Bananas





Kids can...

- Wash fruit and veggies.
- Help make popsicles from crushed or blended fruit and veggies.
- Pick out a fruit and vegetable from every color to try.

Make Frozen Treats

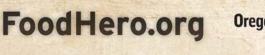
Use paper cups and wooden craft sticks or popsicle forms to make great summer popsicles!

- Try yogurt and 100% fruit juice.
- Mash or blend several fruits.
- Use any smoothie recipe without ice.



Monthly Hero Checklist

- Buy veggies and fruits in every color.
- Try a grilled or baked vegetable.
- Freeze a fruit or popsicle.







Razzleberry Shiver

Yogurt Popsicles



Razzleberry Shiver

Ingredients

- 1 cup raspberries
- 2 bananas
- 1/2 cup plain, low-fat yogurt
- 1/4 cup low-fat milk
- 1 teaspoon sugar

Directions

- 1. Put all ingredients in to a blender. Blend until smooth.
- 2. Divide the mixture up among four small bowls.
- 3. Freeze for about two hours. Enjoy as you would ice cream!

Notes

- No blender? Mash fruit well with a fork.
- Make popsicles! Spoon mixture into small paper cups or popsicle forms. Add a smooth wooden craft stick. Freeze until very firm so the sticks don't pull out.

Yogurt Popsicles

Ingredients

1 quart low fat vanilla yogurt

1 can frozen orange juice concentrate (6 ounce can)

Directions

- 1. Stir all the ingredients together.
- 2. Spoon into popsicle molds or small waxed paper cups.
- 3. Insert wooden craft sticks in the center of each popsicle.
- 4. Freeze about 2 to 3 hours depending on the size of the popsicle.

Notes

For variety, substitute any other frozen juice concentrate such as grape, raspberry or pineapple or use fruited yogurts.

For more recipes and tips on eating well for less, visit <u>www.foodhero.org</u>

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Nutrition Facts Serving Size 1 cup (134g) Servings Per Container 4					
Amount Per Ser	ving				
Calories 100) Calo	ories fron	n Fat 10		
% Daily Value*					
Total Fat 1g			2%		
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol 5mg 2%					
Sodium 30mg					
Total Carbohydrate 21g 7%					
Dietary Fiber 4g					
Sugars 12g					
Protein 3g					
Vitamin A 2%	6 · `	Vitamin (C 20%		
Calcium 8%	•	ron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500					
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

Nutrition Facts Serving Size 1 popsicle (93g) Servings Per Container 12				
Amount Per Ser	ving			
Calories 70	Calc	ories fror	n Fat 10	
		% Da	aily Value*	
Total Fat 1g	2%			
Saturated Fat 0.5g			3%	
Trans Fat 0g				
Cholesterol 5mg			2%	
Sodium 55mg			2%	
Total Carbohydrate 12g 4%				
Dietary Fiber 0g			0%	
Sugars 12g				
Protein 4g				
Vitamin A 4%	· · ·	√itamin (C 40%	
Calcium 10% • Iron 0%				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g	