



Give Them More
of the
Good Stuff!

Freezing Fruit

Prepare Fruit

- ✿ Wash hands with soap and water.
- ✿ Gather cooking tools and freezer containers.
- ✿ Rinse fruit gently under running water.
- ✿ Spread on a clean towel and pat dry to remove water.
- ✿ Peel, trim, pit and cut as desired. Aim for pieces that are about the same size.

Keep Fruit from Browning

- ✿ Cover apples, bananas, peaches and pears with water as you peel and cut.
- ✿ Adding 1 Tablespoon of fresh or bottled lemon juice for each cup of water may help.
- ✿ Drain water before packaging.



Freezing is a good way to store fruit
without added sugar.



Package for Freezing

- ✿ Use containers that are air tight and freezer-safe. Label them with the fruit name and date.
- ✿ Put fruit right into the container or spread in one layer on a baking sheet and freeze until firm. Then put into the container.
- ✿ Remove as much air as possible from the package. Squeeze air from freezer bags or cover the top edge of food in a freezer container with a piece of plastic wrap before closing.
- ✿ Close the container and freeze right away. For best quality, use within 8 to 12 months.

Freezing fruit
before packaging
makes it easier
to remove just
the amount
you want.

Freezer Burn Basics

- ✿ Freezer burn describes the white ice crystals that form on frozen foods.
- ✿ Freezer burned food is safe to eat, but the color, flavor and texture will be different. Use in a smoothie, sauce or soup.
- ✿ To reduce freezer burn, keep freezer at 0 degrees F and use air-tight freezer containers or 2 layers of packaging, such as wrapping then bagging or using 2 bags.

Freezing Fruit Whole or Cut

Whole	Bananas, berries (blackberry, blueberry, cranberry, gooseberry, raspberry, strawberry) cherries, currants, figs, grapes
Cut (chop, mash or slice)	Apples, apricots, bananas, grapefruit, kiwis, mangos, melons, nectarines, oranges, peaches, pears, plums, rhubarb

Enjoy Frozen Fruit

Rhubarb Blueberry Crisp

Rhubarb is a vegetable that is enjoyed as a fruit.

Ingredients:

Topping

- 1/4 cup packed **brown sugar**
- 1/2 cup **flour** (any type)
- 1/2 cup **old fashioned rolled oats**
- 1/4 cup **margarine** or **butter**, melted

Fruit Filling

- 3 cups chopped **rhubarb** (fresh or frozen)
- 3 cups **blueberries** (fresh or frozen)
- 2 Tablespoons **cornstarch**
- 1/2 cup **sugar**
- 1 cup **100% fruit juice**, (any type)
- 1 teaspoon **vanilla** (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. In a medium bowl, stir together brown sugar, flour and oats. Mix in margarine or butter and set aside.
4. Spread fruit in an 8x8-inch baking dish and set aside.
5. In a medium saucepan, mix cornstarch and sugar and stir in juice. Cook over medium heat, stirring all the time, until the mixture has thickened. Turn off heat.
6. Stir in vanilla, if desired. Pour mixture over fruit.
7. Crumble oat mixture on top of fruit.
8. Bake for 45 minutes or until topping is browned and fruit is bubbling at edges. Serve warm or cold.
9. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Try strawberries instead of blueberries.
- ✿ Adding vanilla brings out sweet flavors of the fruit.

Makes 5 cups

Prep time: 15 minutes

Cook time: 45 minutes



Go to
[FoodHero.org](https://www.foodhero.org)
for easy,
tasty recipes

Tropical Smoothie

Ingredients:

- 1 cup nonfat or 1% **milk**
- 2 cups **pineapple** chunks (fresh, frozen or canned and drained)
- 1 **banana** (fresh or frozen)
- 1 cup cold **water**

Directions:

1. Wash hands with soap and water.
2. Put all ingredients in a blender. Put lid on tightly.
3. Blend until smooth. Serve chilled.
4. Refrigerate or freeze leftovers within 2 hours.

Note: For a thicker smoothie, use frozen fruit.

Makes 5 cups

Prep time: 5 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ rinse fruit gently under running water.
- ✿ spread fruit on a flat pan for freezing.
- ✿ measure ingredients for smoothie.