



Winter Fruit Choices

When winter hits, there tends to be fewer choices of tasty, affordable fresh fruit in the grocery store. Buying frozen or canned fruit is a way you can continue to serve a variety of fruit to your family. Most frozen and canned fruit are picked at peak ripeness, so they taste great. Canned fruits can be purchased packed in 100% juice, and frozen fruit is readily available unsweetened.

Frozen fruit is perfect for making smoothies. Simply, buy your favorite frozen fruit or freeze overripe fresh fruit. Add a seasonal fresh fruit, like kiwi or mango. Be adventurous and add a handful of spinach for extra nutrition and a fun green color!

Fruit Smoothie

Ingredients:

- 1 cup fresh or frozen fruit (try mixing different fruit)
- 1 whole banana (preferably frozen – freeze without peel so no thawing is needed)
- 1/2 cup low-fat, vanilla yogurt
- 1/2 cup 1% or skim milk
- Handful of spinach leaves (optional)

Directions:

1. Place fruit, yogurt and spinach leaves (if desired) into blender.
2. Add milk.
3. Place lid on blender and blend until smooth. Add ice if needed.
4. Pour into a glass and enjoy!

Recipe adapted from Iowa Food and Fitness, <http://iowafoodandfitness.org>.

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.

Kiwi Tips

Selecting: When choosing fresh kiwi, look for kiwi that is firm. Allow it to ripen on the kitchen counter until it is slightly soft to the touch. Avoid kiwi that is very soft or has wrinkled skin.

Storing: Place ripe kiwi in the refrigerator for up to 2 weeks.

Buying: Buy in season (winter and spring) for the best flavor and lowest cost. A great price on kiwi is \$.25 each.

Tip: The skin of kiwi can be eaten, but is usually removed before eating. For a quick snack, cut kiwi in half and scoop with a spoon.

