



Dried Fruit: Full of Flavor and Ready to Eat!

Dried fruits are little bits of flavor that are ready to use in snacks, in salads, and with grain foods in a variety of ways. Buy some sandwich-size, zipper plastic bags. Make small packages of dried fruits to include in lunches, tuck in your desk, take to a ball game or to the park.

Concerned about dried fruit sticking in and between teeth?

*Brush after eating, if possible.

*Eat with a dairy product, such as yogurt, cheese or milk.

*Rinse mouth with water after eating.

Have you tried...

There's such a wonderful variety of dried fruit—

Apples Blueberries Raisins Golden Raisins Cranberries Cherries Pineapple
Mango Papaya Strawberries --and many more!

Fast 'n Easy Ways to Use Dried Fruit:

Mix with fresh or canned fruit to make a great fruit salad, such as apples, raisins, nuts, topped with yogurt.

Sprinkle dried fruit over a green, leafy salad or over coleslaw to add flavor and color.

Add dried fruit to a chicken salad or a turkey salad.

Mix with dry cereal and a few nuts to make a great trail mix!

Sprinkle over dry cereals. Stir into cooked cereal. Add milk and enjoy!

Add dried fruit to a muffin batter. Add dried fruit to pancake batter.

Mix into rice dishes or into stuffing.

When using dried fruit in salads or in baked products, you may want to chop it in smaller pieces. Put a little oil on the knife blade or spray the knife blade with non-stick spray before you chop the fruit—it will be easier to chop and less likely to stick to the knife!

Store Dried Fruit

You can store dried fruit in an air-tight container in a dry, cool place for several weeks. If you don't plan to use the dried fruit in a few weeks, store it in an air-tight container in your refrigerator. Dried fruit can also be frozen in air-tight bags for several months.

Dried Fruit: Ready to Eat! How easy is that?



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Granola Recipe

Ingredients:

4 cups old fashioned oatmeal (uncooked)
1 cup chopped nuts
1 cup nutty nuggets type cereal
¼ cup brown sugar
¼ cup oil

Directions:

1. In large microwaveable bowl, mix all ingredients.
2. Microwave on high 2 minutes. Stop. Stir.
3. Microwave on high 2 minutes.
4. Add ½ **cup of dried fruit** – use your favorite!

Serving ideas: Layer granola with yogurt and fruit and eat for breakfast or as a snack. Sprinkle granola over unsweetened cereal, add milk, and enjoy!

Apple Broccoli Salad

Ingredients:

2 McIntosh, Empire or Cortland apples
3 cups fresh raw broccoli, cut up
¼ cup chopped walnuts
1 tablespoon chopped red onion
1/3 cup raisins
½ cup vanilla low-fat yogurt

Directions:

1. Core and chop apples.
2. Mix all ingredients together.

Source: www.5aday.com

Breakfast Bars

Ingredients:

6 tablespoons margarine
3 cups miniature marshmallows
½ cup peanut butter
½ cup nonfat dry milk
¼ teaspoon cinnamon
1 cup raisins
4 cups ready to eat cereal circles

Directions:

1. Spray a 9X9X2 square pan with cooking spray.
2. In microwave, melt margarine in a large microwave-safe bowl at High power for 45 seconds to 1 minute, or until melted.
3. Stir in peanut butter and marshmallows.
4. Microwave on High for 1 to 1 ½ minutes, or until mixture is melted. Stir until smooth.
5. Add dry milk, cinnamon, raisins and cereal; stir until evenly coated.
6. With buttered hands, pat mixture into pan.
7. Cool thoroughly and cut into squares.

Serves 16 – Source www.kidsacookin.ksu.edu