



Top 10 Reasons to Stock-Up on Frozen Fruit

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Frozen fruit is delicious and extremely versatile. It does not have to be washed, peeled or stressed-over to be used-up quickly. There are a variety of different frozen fruit mixtures at the grocery store that can liven up any meal or snack. Here are ideas:

1. **Yummy Baked Goods** – Frozen fruit can easily be substituted for fresh fruit in most quick bread recipes, such as muffins. Blueberries are popular but do not forget about raspberries, cherries, or mixed berries.
2. **Simple Dessert** – An easy dessert or addition to a meal can simply be frozen fruit that is slightly thawed. For a special treat, top with a spoonful of frozen yogurt or ice cream.
3. **Smoothies** – Place in a blender any type of frozen fruit such as strawberries or mango; add yogurt, milk or juice and blend.
4. **Fruit Slush** – Cut slightly thawed frozen fruit into bite-sized pieces, add fruit juice and/or canned fruit such as crushed pineapple and freeze in small cups or bowls. Serve slightly thawed.
5. **Topping for Pancakes and Waffles** – Make a delicious topping by heating frozen fruit in a saucepan on the stove. Cook over medium heat, stirring occasionally for approximately 15 minutes until sauce thickens slightly. Or try a quicker method of microwaving fruit until warm.
6. **Yogurt Parfaits** – Thaw fruit and layer it with yogurt, granola, or other dry cereal. Sprinkle with a topping of nuts or sunflower seeds for added protein.
7. **Gelatin** – Add in your favorite frozen fruit with any flavor of gelatin to make it more nutritious. Mix well-drained, thawed fruit into the gelatin when it starts to set.
8. **Freezer Pops** – Why not make freezer pops a little more nutrient-packed with frozen fruit? Blend slightly thawed fruit with fruit juice. Freeze in ice pop molds or use small plastic or paper cups. Cover each cup with plastic wrap and insert a wooden pop stick.
9. **Cereal Topper** – Throw a few slightly thawed blueberries, raspberries, or cherries on your bowl of cereal in the morning.
10. **Oatmeal** – Oatmeal is delicious with the addition of frozen fruit. Not only think of berries but also cherries, mango and even peaches. Below is a basic recipe but, feel free to experiment with your favorite fruits and flavors!

Quick Berry Oatmeal (1 serving)

¼ cup quick oats 2 teaspoons brown sugar (optional)
½ cup low fat milk 1 T finely chopped nuts* (optional)
½ cup frozen berries

1. Wash hands with soap and water. Place oats, milk, berries, and brown sugar in a microwave-safe bowl. Cover. Microwave 1 ½ to 2 minutes until hot, stirring at least once. Watch mixture carefully so that it does not cook over the container.
2. Top with nuts and enjoy!

Each serving contains: 154 calories, 1 g fat, 7 g protein, 28 g carbohydrate, 52 mg sodium.

**If serving to young children, chop nuts finely to reduce choking hazard.*

Cook's Notes: Consider using a larger bowl or even a microwave-safe liquid measuring cup with "space" at the top to heat oatmeal if problems with overflowing occur. Adding berries after cooking oatmeal to help mixture to "cool down" is another option. Be careful when serving to young children to make sure that bowl and oatmeal are not too hot.

