



STONE FRUIT

(Peaches, Plums, Nectarines, Cherries)

WHAT'S IN IT FOR YOU?

- Vitamin C to help heal cuts and to keep you healthy
- Vitamin A for healthy eyes and skin

SERVING IDEAS

- Slice fruit into green salads
- Put fruit chunks into a blender with low fat vanilla yogurt and orange juice for a refreshing smoothie
- Cut in half, remove seed, and grill for 8 minutes (4 minutes each side) for a perfect picnic dessert!

STORAGE

- To ripen fruit, put into a paper bag and place on the counter for 3 days
- Store ripe fruit in the refrigerator for up to 5 days

FRUIT SALAD

Makes (8) ½ cup servings

Ingredients:

4 cups of your favorite stone fruit, pitted and chopped into bite-sized chunks
2 tablespoons orange juice

Optional:

Low-fat flavored yogurt
Chopped Nuts
Crunchy cereal



Instructions:

1. Toss fruit chunks together with orange juice.
2. Layer with optional topping(s) if desired.

SOURCE: Adapted from Harvest of the Month/Network for a Healthy California



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