

# Nectarines



**How do I store them?** Put hard nectarines in a brown paper bag on the counter to ripen them. Keep ripe fruit at room temperature or in the fridge.

**How do I eat them?** Try them raw on their own, sliced on top of cereal or yogurt, peeled and baked into a crisp or cobbler, or chopped into fruit salsa!

**What's so great about them?** Nectarines are a good source of fiber, vitamin A, and vitamin C. Plus they are a sweet, juicy summer treat!

## NECTARINE FUN FACTS

- Nectarines are a type of **peach** that doesn't have fuzz. They are sometimes called "shaved peaches" because they have smooth skin.
- Nectarines can range in **color** from pale white to bright orange.
- **California** grows 95% of all nectarines from the United States.
- Nectarines are **in season** from late April to Late August.



Source: [www.schlunch.com](http://www.schlunch.com)

## SUMMER SUNSHINE SMOOTHIE recipe

### Ingredients:

- 1 cup low-fat milk
- 1/2 cup low-fat vanilla yogurt
- 1 nectarine, sliced
- 1 banana, broken in half
- 1/2 cup carrots - frozen, canned, or shredded fresh
- 1 cup ice cubes



### Instructions:

- 1) Place all ingredients in a blender.
- 2) Blend until smooth, adding more milk or ice as needed. Serves 2.

**\*Tip:** use what you have! If you don't have carrots, try fresh spinach or cooked sweet potatoes. Or replace vanilla yogurt with plain or strawberry yogurt.

**Nutrition per serving:** 198 calories, 9 g protein, 2 g fat, 38 g carbohydrates, 3.5 g fiber, 114 mg sodium

# Build Your Own Smoothie

## Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

## Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

## Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

## Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

**Place all ingredients in blender,  
blend & enjoy!**

Visit [produceforkids.com](http://produceforkids.com) for more smoothie recipes.

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**Beat the summer heat by turning any smoothie into a smoothie popsicle!**

- 1) Pour your smoothie into popsicle molds or paper cups.
- 2) Place a plastic or wooden stick in the middle of each popsicle mold or cup. If you're using paper cups, hold the stick in place by poking it through a square of aluminum foil on top of the cup.
- 3) Freeze for 4-6 hours or overnight. Run warm water over the outside of the cup for a few seconds to get your popsicle out.

