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.

SUMMER SUNSHINE SMOOTHIE recipe

Ingredients:

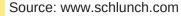
- 1 cup low-fat milk
- 1/2 cup low-fat vanilla yogurt
- 1 nectarine, sliced
- 1 banana, broken in half
- 1/2 cup carrots frozen, canned, or shredded fresh
- 1 cup ice cubes

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

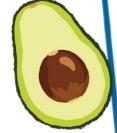
Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries

- Pineapple
- Peaches
- Cherries
- Kiwi
- Grapefruit
- Plums
- Cantaloupe
- Melon
- Grapes

Kick up the nutrition:

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



Add a base:

- Lowfat Milk
- Almond Milk
- Rice Milk
- Coconut Milk

- Water
- 100% Juice
- Lowfat Yogurt
- Coconut Water



Throw in some add-ins (optional):

- Peanut Butter
- Chia Seeds
- Oatmeal
- Agave Nectar

- Nut Butter
- Walnuts

- Flax Seed
- Almonds
- Honey
- Ginger



Place all ingredients in blender, blend & enjoy!

Visit produceforkids.com for more smoothie recipes.

Source: produceforkids.com

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.