

Mixed Fruit Smoothie

1 cup fresh or frozen unsweetened fruit
(strawberries, peaches or bananas, or a mixture
of these fruits)
1/2 cup low-fat vanilla yogurt
1 tablespoon apple juice concentrate, undiluted
Nutty or nugget-type cereal

If you use fresh fruit, wash, peel, seed, chop and then freeze the fruit. Place frozen fruit, yogurt and apple juice concentrate in blender; blend until smooth. Pour into a glass; sprinkle cereal on top. Makes 1 serving.

Selection and Storage

Bananas

Choose bananas that are free of bruises and breaks in the skin. Bananas will continue to ripen at room temperature.

Ripe bananas can be stored in the refrigerator for a few days. The skin will darken, but the fruit is fine.

Peaches

Choose plump, well-shaped, slightly soft peaches with creamy or golden undertone. Avoid green or bruised peaches. Peaches will continue to ripen at room temperature.

Refrigerate and use within 3–5 days.

Strawberries

Select strawberries that are bright red with fresh green caps. Avoid moldy or bruised berries and stained or leaking containers.

Store in refrigerator in a plastic bag. Use within 2–3 days.