

Quick tips to use frozen fruits and vegetables



Tasty, quick, and easy frozen fruits



1. Eat fruit straight from the freezer. Frozen grapes, cherries, berries, and bananas make a great snack.
2. Top cereal, yogurt, or oatmeal with frozen fruit for extra fiber and flavor.
3. Add frozen fruit to pancake, or muffin batter for improved nutrition, texture, and aroma.
4. Use frozen fruit in smoothies for an antioxidant boost and to cool off when it is hot outside.
5. Cool your drinks with frozen fruit instead of ice, this will give extra energy for your brain.

Nutritious, fast, and hearty frozen vegetables

1. Toss frozen vegetables into soup for added texture, color, and flavor.
2. Steam in the microwave, many frozen vegetables come in steamable bags you put straight in the microwave.
3. Sauté frozen vegetables with rice or noodles in a skillet to make a stir-fry or fried rice.
4. Mix frozen vegetables into omelets for improved look, nutrition, and energy.
5. Blend into pasta sauce to sneak more vegetables into your diet.

