

COOK

BOOK



Fruit

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Fruit

Fruit is nature's candy. It can be a sweet and delicious snack to help curb cravings, but there are so many other reasons why incorporating more fruit with each meal is a healthy choice. Unlike many other foods, fruits are naturally low in calories, fat, sodium and don't negatively impact cholesterol levels. Fruit is high in dietary fiber which increases feelings of fullness and promotes healthy bowel function. This benefit is only achieved by eating the whole fruit, including the skin or pulp for most types of fruit; like eating an apple with skin, or a fresh orange with pulp. Fruit is also rich in nutrients like potassium, vitamin C and folic acid. These nutrients help prevent high blood pressure, heart disease and can be even be protective against certain types of cancer.

When selecting fresh fruit from the grocery store there are organic and non-organic options. When it comes to plant foods, organic simply means that these foods are grown without pesticides, chemical fertilizers or other synthetic agents. This label also changes the food being processed to ensure it meets organic standards. Ultimately, whether a food is organic or not, the nutrient content is still the same.

Below are a few tips to better understand what organic labels mean:

100% Organic	The item is completely organic or made of 100% organic ingredients. Will have the USDA Organic Seal
Organic	95% of the item's ingredients are certified organic. Will have the USDA Organic Seal
Made with Organic Ingredients	70% of the ingredients are certified organic. The USDA Organic Seal cannot be used on these products.



These are examples of how to include more fruits into your everyday meal plan:

Breakfast:

- Serve fresh fruit as a side to cereal or toast
- Make a healthy smoothie with fresh or frozen fruit
- Try a yogurt parfait topped with fresh berries

Lunch

- Make a delicious fruit salad from your favorite fruits
- Berries are a great topping to any green salad
- Try adding fresh fruit as a refreshing side to your meal

Dinner

- For a light dinner, try making a homemade smoothie bowl topped with fresh fruit
- Add chopped fruit into a whole grain salad for a burst of flavor and sweetness
- Try a lighter dessert by baking fresh fruit with cinnamon or using frozen berries in a berry crumble



References:

<https://www.choosemyplate.gov/eathealthy/fruits/fruits-nutrients-health>

<https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms>

RECIPE

1

Blueberry Fruit Smoothie

Prep time

5 MIN

Cook Time

0 MIN

Serves

2



Ingredients

1 banana
1 Cup blueberries
½ Cup kale
½ Cup spinach
½ Cup yogurt
½ Cup apple juice
1 tablespoon chia seeds
1 tablespoon flax seeds

Directions

1. Place all ingredients into a blender. Puree until smooth
2. Pour into cups and garnish with sliced banana or blueberries.

Note: This smoothie is a good source of fiber and antioxidants. Blueberries also reduce inflammation.

RECIPE

2

Citrus Granita

Prep time

4 HRS

Cook Time

0 MIN

Serves

2



Ingredients

2 Cup 100% orange juice
½ Cup 100% lemon juice
¼ Cup 100% lime juice
3 Tablespoons honey

Note: Honey contains antioxidants

Directions

1. Pour all ingredients in a bowl and stir to combine.
2. Pour into a 13x9 dish and place in freezer.
3. Every 20 minutes use a fork to gently scrape mixture. Put back in the freezer. Repeat process until the mix is the texture of shaved ice, about 4 hours. Spoon into serving bowls and garnish with a basil sprig and lemon wheel.

RECIPE

3

Fresh Fruit Kebabs

Prep time

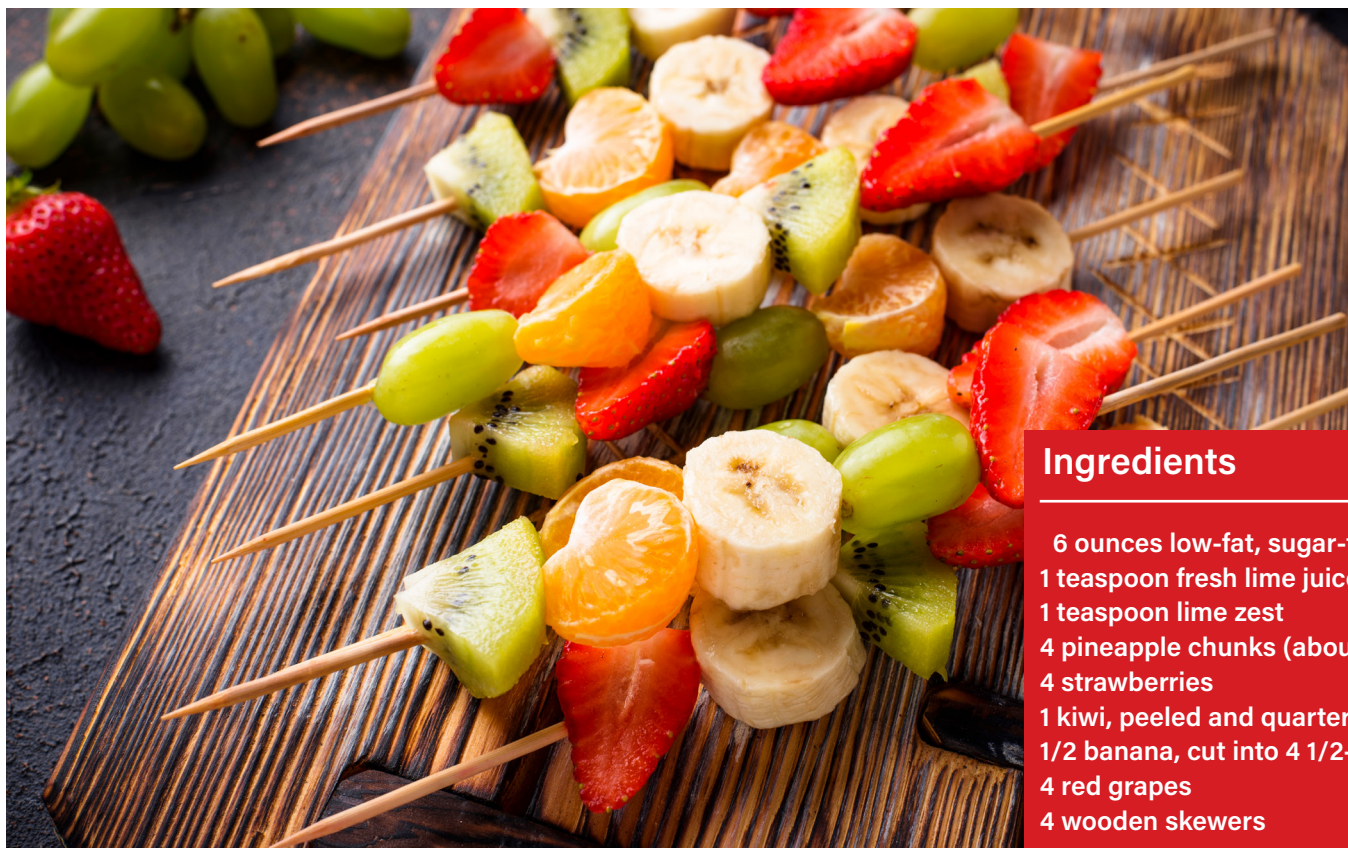
15 MIN

Cook Time

0 MIN

Serves

2



Ingredients

6 ounces low-fat, sugar-free lemon yogurt
1 teaspoon fresh lime juice
1 teaspoon lime zest
4 pineapple chunks (about 1/2 inch each)
4 strawberries
1 kiwi, peeled and quartered
1/2 banana, cut into 4 1/2-inch chunks
4 red grapes
4 wooden skewers

Directions

1. In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.
2. Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

RECIPE

4

**Blueberry
Lavender
Lemonade**

Prep time

5 MIN

Cook Time

15 MIN

Serves

16



Ingredients

- 2 cups water
- 1 package (16 ounces) blueberries
- 1/4 cup granulated sugar
- 1 tablespoon dried lavender flowers
- 1 cup lemon juice
- 2 tablespoons Splenda sweetener
- Cold water

Directions

1. In a 1-gallon pitcher, add 4 cups of ice and set aside. In a medium saucepan, bring 2 cups of water to a boil. Add the blueberries, sugar, and lavender to the pan. Boil for about 5 minutes, until the blueberries have popped, and all of the sugar has dissolved.
2. Strain the blueberry mixture over the pitcher of ice; discard the remaining blueberry mixture. Add the lemon juice and Splenda to the pitcher. Fill to the top with cold water. Mix well.

RECIPE

5

***Creamy
Fruit
Dessert***

Prep time

3 MIN

Cook Time

15 MIN

Serves

4



Ingredients

4 ounces fat-free cream cheese, softened
1/2 cup plain fat-free yogurt
1 teaspoon sugar
1/2 teaspoon vanilla extract
1 can (15 ounces) mandarin oranges, drained
1 can (14.5 ounces) water-packed sliced peaches, drained
1 can (8 ounces) water-packed pineapple chunks, drained
4 tablespoons shredded coconut, toasted

Directions

1. In a small bowl, combine the cream cheese, yogurt, sugar and vanilla. Using an electric mixer on high speed, beat until smooth.
2. Drain the canned fruit. In a separate bowl, combine the oranges, peaches, and pineapple. Add the cream cheese mixture and fold together. Cover and refrigerate until well-chilled.
3. Transfer to a serving bowl or individual bowls. Garnish with shredded coconut and serve immediately.

RECIPE

6

Edamame Hummus with Mango Salsa

Prep time

15 MIN

Cook Time

0 MIN

Serves

4



Ingredients

2 Cups edamame, shelled and cooked
¼-¾ Cup oil
1 Jalapeno, deseeded
½ Avocado
2 Cloves garlic
¼ Cup lime juice
½ Mango, small dice
1 Shallot, minced
¼ Cup roasted red pepper, diced

Directions

1. Add edamame, jalapeno, avocado, garlic and ½ lime juice into food processor.
2. Turn on to blend, slowly pouring oil into mixture.
3. Stop blender and scrape down walls with a rubber spatula.
4. Keep pureeing and adding oil until smooth.
5. Transfer into a bowl, making sure to scrape down walls.
6. In a separate bowl, mix diced mango, shallot, red pepper, and the rest of the lime juice.
7. Once combined, let rest for 5-10 minutes to let flavors develop. Spoon onto edamame hummus and serve with pita chips, fresh vegetables, or your choosing.

Nutrition Labels

Blueberry Fruit Smoothie

Nutrition Facts			
Serving size: 8 oz (239 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 195	Fat Calories: 39		
		% Daily Value*	
Total Fat 4g			7%
Saturated Fat 1g			3%
Trans Fat 0g			
Cholesterol 1mg			0%
Sodium 29mg			1%
Calcium 109mg			11%
Potassium 488mg			14%
Phosphorus 52mg			5%
Total Carb 38g			13%
Dietary Fiber 8g			31%
Sugars 22g			
Protein 5g			10%
Vitamin A 68%	Vitamin C 90%		
Calcium 11%	Iron 11%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Citrus Granita

Nutrition Facts			
Serving size: 1 cup (372 g)			
Servings Per Container: 2			
Amount per serving			
Calories: 251	Fat Calories: 1		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 8mg			0%
Calcium 15mg			1%
Potassium 219mg			6%
Phosphorus 20mg			2%
Total Carb 66g			22%
Dietary Fiber 1g			3%
Sugars 51g			
Protein 1g			2%
Vitamin A 3%	Vitamin C 117%		
Calcium 1%	Iron 3%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fresh Fruit Kebabs

Nutrition Facts			
Serving size: 2 Kebabs (149 g)			
Amount per serving			
Calories: 81	Fat Calories: 3		
		% Daily Value*	
Total Fat 0g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 1mg			0%
Sodium 27mg			1%
Calcium 77mg			8%
Potassium 282mg			8%
Phosphorus 66mg			7%
Total Carb 19g			6%
Dietary Fiber 2g			9%
Sugars 14g			
Protein 3g			5%
Vitamin A 1%	Vitamin C 78%		
Calcium 8%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Labels

Blueberry Lavender Lemonade

Nutrition Facts			
Serving size: 1 Cup (47 g)			
Amount per serving			
Calories: 33		Fat Calories: 1	
		% Daily Value*	
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	1mg	0%	
Calcium	3mg	0%	
Potassium	38mg	1%	
Phosphorus	5mg	0%	
Total Carb	9g	3%	
Dietary Fiber	1g	3%	
Sugars	7g		
Protein	0g	1%	
Vitamin A 0%		Vitamin C 14%	
Calcium 0%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Creamy Fruit Dessert

Nutrition Facts			
Serving size: 1 Cup (317 g)			
Amount per serving			
Calories: 177		Fat Calories: 33	
		% Daily Value*	
Total Fat	4g	6%	
Saturated Fat	3g	16%	
Trans Fat	0g		
Cholesterol	3mg	1%	
Sodium	223mg	9%	
Calcium	143mg	14%	
Potassium	398mg	11%	
Phosphorus	173mg	17%	
Total Carb	31g	10%	
Dietary Fiber	4g	15%	
Sugars	25g		
Protein	7g	14%	
Vitamin A 40%		Vitamin C 72%	
Calcium 14%		Iron 7%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Edamame Hummus with Mango Salsa

Nutrition Facts			
Serving size: 1/4 cup (170 g)			
Servings Per Container: 4			
Amount per serving			
Calories: 263		Fat Calories: 168	
		% Daily Value*	
Total Fat	19g	29%	
Saturated Fat	2g	11%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	24mg	1%	
Calcium	67mg	7%	
Potassium	482mg	14%	
Phosphorus	117mg	12%	
Total Carb	16g	5%	
Dietary Fiber	5g	20%	
Sugars	8g		
Protein	7g	14%	
Vitamin A 15%		Vitamin C 63%	
Calcium 7%		Iron 9%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Contains: Soy			

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email@nchpad.org



1-800-900-8086

