

Using Frozen Fruit

Freezing fruit is a great way to preserve flavour and nutrients when fruit is freshest. Visit a local farmers' market, u-pick farm or grocery store to stock up on fresh seasonal fruit.

Tips for using frozen fruit:

- Blend into smoothies.
- Pack in a container with yogurt for a snack on the go.
- Use in baking such as muffins, scones, loaves or crisps.
- Mix in with hot oatmeal.
- Add to water or club soda for a fruit infused beverage.

For more information on healthy eating, visit unlockfood.ca or speak to a Registered Dietitian at Telehealth Ontario at 1-877-797-0000.





How to Freeze Fruit

1. Gently wash ripe fruit. Pat dry with a cloth or paper towel.
2. Prepare fruit by trimming stems or ends, removing blemishes, peeling and chopping large fruit.
3. Spread on a tray in a single layer and place in the freezer for several hours or overnight.
4. Scoop frozen fruit into airtight plastic bags or containers. Label with the name of the fruit and date.
5. Store in the freezer. Use within six months for best flavour.