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:

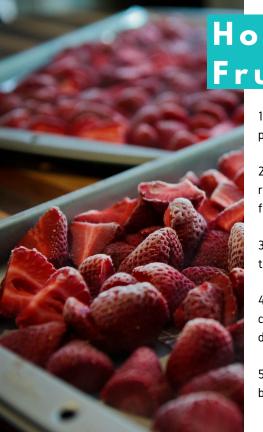
- · Blend into smoothies.
- · Pack in a container with yogurt for a snack on the go.
- \cdot Use in baking such as muffins, scones, loaves or crisps.
- · Mix in with hot oatmeal.
- · Add to water or club soda for a fruit infused beverage.

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.
- 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.