

DRIED FRUIT

What is dried fruit?

- Dried fruit is fresh fruit without water.
- Water naturally in fruit is dried out by placing the fruit in the sun, by using special dehydrators or by freeze-drying.

What are the health benefits?

- Dried fruit is "nutrient dense." That means that it has a lot of nutrients for the size (or weight) of the serving. If you are watching calories, dried fruit will also be higher in calories than regular fruit. Be sure to only have $\frac{1}{4}$ - $\frac{1}{2}$ cup at a time.
- Dried fruits contain iron, potassium, and fiber!

Backpack Snack

Dried fruit is a great tasting snack for on the go! It does not need to be refrigerated, so you can keep it in a backpack or lunch bag.



How can I use dried fruit?

- **Add sweetness and nutrition** to yogurt or cereal with milk.
- Dried fruit is a **great alternative to snacking** on cookies, crackers, and candies. Just be sure to consume in moderation- $\frac{1}{4}$ cup is one serving.
- **A healthful addition to baked goods** such as muffins, cookies or pancakes.



CALIFORNIA RAISIN PEANUT BUTTER ROLL UPS

A simple mix of protein and carbohydrates keeps kids energized - naturally!

Serves 6

INGREDIENTS

- 6 whole wheat flour tortillas
- 6 tablespoons smooth peanut butter
- 12 tablespoons California raisins



DIRECTIONS

Warm tortillas on a hot griddle to soften enough for rolling. Arrange on cutting board and spread 1 tablespoon peanut butter evenly over each. Sprinkle 2 tablespoons of raisins evenly on top of peanut butter. Roll up tightly. Slice diagonally 1/2-inch thick. Serve immediately or wrap and pack into lunch box for later.

Nutrition Information per serving: 230 calories, 9 g total fat, 8 g protein, 38 g total carbohydrate, 4 g fiber, 180 mg sodium, 342 mg potassium.

Recipe from the California Raisin Board

DRIED PLUM FILLED OATMEAL BARS

Spread dried plums (prunes) and apricot jam over an oatmeal crust. The result: tasty, nutrition-packed oatmeal breakfast bars.

Makes 16 bars

INGREDIENTS

- 1 ½ cups (about 10 ounces) coarsely chopped dried plums
- 1/3 cup apricot jam
- Non-stick cooking spray
- 2 cups rolled oats (old fashioned or quick, uncooked)
- ¾ cup packed brown sugar
- ½ cup all-purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 egg
- 1 ½ tablespoons melted butter or margarine



DIRECTIONS

In medium bowl, combine dried plums and apricot jam; set aside. Lightly spray 8-inch square baking pan with non-stick cooking spray. In large bowl, combine oats, sugar, flour, cinnamon, salt and soda; mix well. Lightly beat together egg and butter; add to oats mixture, mixing until crumbly. Press 2 cups of mixture into bottom of prepared pan. Spread dried plum mixture over oats; sprinkle remaining oat mixture over top. Bake at 350°F oven 20 to 22 minutes or until deep golden brown. Cool in pan on wire rack. Sprinkle with powdered sugar, if desired; cut into 16 bars.

Nutrition Information per bar: 200 calories, 3 g total fat, 4 g protein, 39 g total carbohydrate, 3 g fiber, 135 mg sodium, 165 mg potassium.

Recipe from the California Dried Plums Board

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