NECTARINES

In the garden:

http://www.moonlightcompanies.com


Ready to eat:

http://producemadesimple.ca/nectarine/


FUN FACTS:

- Nectarines take the name from the word “nectar” meaning food of the Gods.
- Nectarines and peaches have identical looking trees.
- Nectarine and almond trees are closely related.
Nectarines are high in **Vitamin A** to help your eyesight.
Ingredients:
- 2 nectarines
- 2/3 cups yogurt, lowfat vanilla
- 2 cups orange juice
- 6 paper cups

Directions:
1. Use a knife to remove the skin from the nectarines, and to chop them.
2. Spoon the nectarines into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the nectarines.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.

Storage tips:
- Store unripe nectarines in a paper bag until ripe.
- Store at room temperature for use within 2-3 days.
- Nectarines should keep for a week if refrigerated.

Adapted from: https://snaped.fns.usda.gov/snap/cookbooks/kidscookbook.pdf
USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: http://foodhelp.wa.gov or the Basic Food Program at: 1 877 501 2233.