

# Fruit Scoops

## Choosing Healthful Fruit Snacks In Winter Easier Than Ever

(NAPSA)—Craving the bright flavors of fresh fruit when it's blustery and bleak outside? Head to your nearest supermarket and hit the produce aisle. All the sweetness of summer awaits you in berries, plums, peaches, nectarines and grapes direct from balmy Chile. With upside down seasons, farmers in Chile harvest favorite summer fruits while North American orchards rest.

Running along the western side of South America, this long narrow country spans from arid desert in the north to chilling glaciers in the south. Mountain ranges create valleys with an ideal climate for producing high-quality fresh fruits. With over half a million acres of fruit-producing land and one of the world's more sophisticated packing infrastructures (including cold storage facilities and packing stations throughout the fruit-growing regions), Chile is able to send high-quality fresh fruit to the United States by both air and sea. That's terrific news for everyone interested in healthful fruit snacks all year long.

Recent research shows that more Americans than ever are making healthful changes in their food choices. It's proven that good nutrition is important for good health, and fruit plays a starring role in a nutritious diet. As a result, more of us are reaching for fruit as a snack. Even for kids ages 2 to 7, fruit is the number one snack pick. As a superb source of vitamins and fiber, fruit is a sweet treat that's naturally good for you.

Fresh fruit is the ultimate "grab-and-go" snack. It's convenient, easy to prepare, and satisfying. Having fruit on hand encourages healthy eating habits.



Check out these snack ideas with fresh fruit appeal:

- Add berries to green salads and toss with a poppy seed or favorite salad dressing.
- Coarsely chop peaches and nectarines and add to pancake syrup.
- Mix a lively lime dipping sauce for fruit wedges by blending 2 tablespoons fresh lime juice, 6 ounces vanilla yogurt, 2 tablespoons minced cilantro and, if desired, 1 tablespoon minced jalapeño pepper (seeds removed).
- Toss together fresh blueberries and raspberries and layer with pudding in parfait glasses. Top with berries and whipped cream.
- For a zesty salsa, add quartered seedless grapes and diced pear to your favorite fresh or jarred salsa.
- Spread bagels with cream cheese and top with a medley of chopped fresh fruit.
- Hollow out the centers of ripe pears and fill with raisins, brown sugar, cinnamon; bake at 375° F until tender, about 35 minutes.
- Serve a mix of chopped fresh peaches, plums, grapes and strawberries over cereal, ice cream or pound cake.

For additional recipes and information about the sweet summer fruits grown in Chile, visit [www.cffausa.org](http://www.cffausa.org).