

May Nutrition Newsletter

Fresh Summer Snacks

Summer is approaching, and with that comes an abundance of seasonal foods to try! Berries, watermelon, avocados and tomatoes are all in season, and are a great source of vitamins, minerals and fiber. Berries are perfect finger foods and watermelon will keep you hydrated during those hot summer days. Add some tomatoes or avocado slices to a sandwich for a boost of fiber and vitamin C.

For more information visit: <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/summer-is-time-for-kids-to-try-new-foods>.

Blueberries

Blueberries are perennial flowering plants with indigo-blue colored berries. Blueberries are considered a superfood because they are packed with antioxidants, vitamin C and potassium. Florida blueberries are available from December-May. Usually, farmers in Florida will open their fields to u-pickers at the end of April, depending on the weather.

Pear-Berry Breakfast Crisp

Ingredients:

- For Topping-
 - 1 ½ cups rolled oats
 - ¼ cup whole-wheat flour
 - 1/8 teaspoon salt
 - ¼ cup honey
 - ¼ cup margarine, melted
 - ¼ cup chopped hazelnuts
 - ¼ cup vanilla low-fat Greek yogurt
- For Filling-
 - 3 ripe pears (cored, cut in ½ inch slices)
 - 2 cups blueberries
 - 1 tablespoon cornstarch
 - 1 teaspoon ground cinnamon
 - ¼ teaspoon ground cloves
 - ¼ teaspoon salt
 - 2 tablespoons honey
 - 2 teaspoons vanilla extract

Directions:

1. Preheat oven to 350°F.
2. To prepare the topping, combine the oats, flour and salt in the medium bowl. Stir well to combine; set aside. Stir together honey and margarine in a small bowl. Add the honey mixture to the oat mixture; toss gently to coat the ingredients. Stir in the hazelnuts. Set aside.
3. To prepare the filling, combine the pears, blueberries, cornstarch, cinnamon, cloves and salt in a medium bowl. Stir together honey and vanilla extract in a separate small bowl; gently toss with the pear-berry mixture.
4. Pour the pear-berry mixture into an 8-x-8-inch baking dish. Spread the oat topping over the fruit. Bake for about 30 to 40 minutes, until the top is golden brown.
5. Serve warm or cold, topped with Greek yogurt.

<https://www.eatright.org/food/planning-and-prep/recipes/pear-berry-breakfast-crisp-recipe>