

FUEL UP WITH
FRUIT

Apricots for All

It looks like a peach but tastes more like a plum. Full of vitamins that protect your eyes, this little fruit is good fresh or dried.

SEAR

Thinly slice. Sear in a pan with a little butter and cinnamon. Enjoy on toast.

MIX

Combine dried apricots with nuts and coconut flakes for a nutritious homemade trail mix.

POACH

Sprinkle poached apricots with pistachio pieces and serve with vanilla yogurt.

