

FUEL UP WITH
FRUIT

Pears, Please!

Full of antioxidants, this sweet little fruit packs a healthy punch, protecting cells and delivering hydration for a mere 100 calories per pear.

CHOP

Cook with your favorite hot cereal.

SLICE

Layer with cheddar slices and grill on multi-grain bread.

DICE

Mix with goat cheese and parsley. Eat with multi-grain crackers.

