

# Perfectly Prepared Plums

Jam-packed with vitamins, nutrients, fiber and antioxidants, the plum is delicious fresh or dried and is known for helping conditions such as osteoporosis and constipation. It's delicious, nutritious, and portable.

## CUT INTO CHUNKS

Top your favorite breakfast cereal or yogurt.

## SLICE, REMOVE PIT

Blend in a smoothie.

## CUT IN HALF, REMOVE PIT

Grill. Top with honey and cinnamon.

