

FUEL UP WITH
FRUIT

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.

