

News Column for Use Week of 6/7/2021
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River Valley Extension District
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A Cool Summer Treat

Summer is approaching and temperatures are beginning to warm up outside. With the warmer weather, I think of various ways to help me cool off. One thing that comes to mind is frozen fruit or frozen fruit bars. Fruit is a healthy part of a daily diet, and frozen fruit or fruit products can be a good complement to that.

Be a wise consumer and be aware there are a lot of unhealthy, processed products that try to pass for healthy frozen fruit bars with misleading marketing information. Watch for words on the front of a box in bold print that may entice a consumer to purchase that item. Always take time and read the ingredient list and nutrition facts label on the choices of fruit bars. Remember to look at the added sugar in the product on the nutrition facts label and go for fewer ingredients on the ingredient list.

I recommend that you make your own frozen fruit bars at home. All that is needed is a mold (such as for popsicles) or even an ice cube tray. Puree some fruit made in a blender, add yogurt, and blend again, add some chunks of fruit for additional flavor and fiber. Insert a holding stick and freeze overnight or for a least six hours. Vary the fruit combinations and use vanilla yogurt. Vanilla yogurt has less sugar than the various flavors of yogurt.

By making your own fruit popsicles you can control the amount of sugar in the product you make. When making popsicles with juice remember to use a product that is 100% fruit juice.

Cool off this summer with fruit. If you have questions call Sonia Cooper, K-State Research and Extension Nutrition, Food Safety and Health Agent in the River Valley District. 785-632-5335 or email srcooper@ksu.edu.

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