

FRUITS (ALL FRUITS EXCEPT PINEAPPLE)

Serving Size: ½ Cup = 4 oz.

Ingredients:

	1 portion	2 portions	4 portions
Frozen	4 oz.	8 oz.	16 oz.
Canned	4 oz.	8 oz.	16 oz.
Fresh	1 piece	2 pieces	4 pieces

Directions:

1. Thaw frozen fruits and drain well; drain canned fruits; and peel fresh fruits, making sure they are ripe and easy to chew.
2. Puree in blender. DO NOT add liquid.
3. If fruit is too thin, add thickener or gelatin slurry for a pudding like consistency.
4. Chill and serve.

NOTE: Recommend using the gelatin slurry to thicken fruit to stand alone on the plate. You can make a beautiful fruit plate if you use the slurry.

Diabetic: Use fresh fruits or fruits packed in natural juice; 1 fruit exchange.

Low Sodium: OK.

Low Fat/Low Cholesterol: OK.

Bland: As tolerated