

ActiveEDGE

WELLNESS CENTER

Summertime: Frozen Fruit Treats

When summertime is here, it is a great time to enjoy the fruits of the season. Strawberries, melon, watermelon, peaches, cherries, pineapple are all so very good. Try turning your fresh fruit into frozen fruit treats; literally freezing fruit and enjoying a nature made treat.



Any fruit works, though certain ones will take it better than others. If you like it and will eat it, give a whirl. Peaches, pineapple, oranges and apricots are more than 85% water, while strawberries, watermelon and grapefruit, more than 90%. More water means more hydration for your body!

*Freezing does change the compounds and molecules of the fruit so once it's frozen, it's not going to return to its pre-frozen form. "Thawed" fruit **is not** going to be desirable.*

Grapes

Easy! All you need to do is wash them and pop them into a bag to freeze.

Watermelon

Frozen watermelon is the closest thing to an actual Popsicle of the fruits I tried. With its high water content, it freezes very hard. But how fun! Instead of pulling out fruit flavored pops, why not nosh on actual fruit. Sliced the melon, cut away the rind and then cut it into triangles, working to waste as little as possible. Seedless or seed-full, remove the rind, leave the rind, it's really up to you. Skewer them and laid them on a foil-covered cookie sheet in the freezer until frozen. The watermelon will freeze solid. Once you remove it from the freezer, allow it to warm up for a few minutes before biting into it.

Pineapple

I envisioned popsicle-like pineapple though I'm sure cutting it into wedges like the watermelon would work just as well, just make sure to remove core. Skewer and lay them on a foil-covered pan in the freezer. Again, give it a few minutes to defrost and then enjoy it like any other frozen treat, nibbling it away as it warms. I think it's best to skewer the pineapple because if its put in a bag, all lumped together, you will create a block-o-pineapple.

Head out to your local farmers market and pick up some fresh fruit of the season and giving freezing a try!