



December is Pineapple

Nutrition & Health Benefits

- **Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.
- **Fiber** - Helps to keep digestion running smoothly.
- **Manganese** - Helps with bone formation, immune response, and metabolism.

Preparation & Cooking Tips

- Select** - Choose a fresh-looking pineapple with green leaves, a firm shell, and a greenish-yellow hue.
- Store** - Whole pineapple should be left at room temperature until ripe. Store cut pineapple in refrigerator.
- Prepare** - Rinse under cool, running water, dry, and cut the shell off. Cut to desired size. Don't forget to cut the core out.

Did you know?

- The pineapple plant is a tropical fruit that originated in South America.
- Columbus came across the pineapple in 1493 and brought it back to Europe.
- An individual pineapple can take over 2 years to grow, although they are usually picked earlier.

Fun Facts

- Pineapple is regenerative! After cleaning and drying, you can plant the top of a pineapple to grow a new plant!
- The pineapple plant produces flowers when growing its fruit.
- There are 37 varieties of pineapples, the most popular are Abacaxi Pineapple.

Grow Your Own Pineapple At Home!

1. Pick out a fresh pineapple. Look for a pineapple with green leaves that have not turned yellow or brown.
2. Twist the leaves off the top of the pineapple. Grasp the leaves at the base and simple twist, this should leave you with the crown or stem. (You can now cut up the rest of the pineapple for a snack!)
3. Strip off some of the lower leaves to expose more of the stem. You just need a few inches of stem.
4. Fill a large glass or jar with water.
5. Suspend the pineapple crown in the water, the leaves may support it, or you can use toothpicks. The bottom of the stem should be submerged in water.
6. Place the jar and pineapple in bright, indirect light and wait for roots to sprout, about 3-6 weeks.
7. Once roots are 3 inches long or more you can plant your pineapple in a pot!



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Pineapple Orange Banana Popsicles

Ingredients:

- 2 cups fresh, chopped pineapple
- 3 bananas, peeled
- 2 oranges, peeled

Directions

1. Pulse ingredients together in a blender until smooth.
2. Pour into popsicle molds and freeze until firm.
3. Enjoy!

*You can also add a teaspoon of grated fresh ginger!



Colorful Fruit Skewers

Ingredients:

- Grapes (Green and Red)
- Bananas, peeled and cut into small pieces and dipped in orange juice
- Pineapple, cut into small pieces
- Orange slices
- Kiwi, cut into small pieces
- Strawberries
- Wooden Skewers
- 1 cup Yogurt
- 2 tablespoons Honey
- 1/4 teaspoon Vanilla extract

Directions

1. Wash fruit and dry.
2. Cut fruit.
3. Thread fruit onto wooden skewers and chill in refrigerator.
4. Mix honey, yogurt, and vanilla. Chill.
5. Enjoy!



Fresh Fruit Salad

Ingredients:

- 2 cups diced fresh pineapple
- 1 pound strawberries, hulled and sliced
- 1/2 pint blackberries, halved
- 4 kiwis, peeled, halved and sliced

Lime Yogurt Dressing (Optional)

- 1 cup low-fat plain yogurt
- 1 tablespoon granulated sugar
- 2 teaspoons lime zest
- 2 teaspoons lime juice

Directions

1. Combine yogurt, sugar, lime zest, and lime juice in a medium bowl.
2. Combine pineapple, strawberries, blackberries, and kiwi in a large bowl.
3. Serve with yogurt dressing, if desired.

