

FFVP Snacks – Week of October 26, 2020

Rainbow Carrots

All varieties of carrots are extremely nutrient dense and a great addition to a healthy diet – they're high in fiber and rich in potassium, vitamin C, and vitamin K. Rich in antioxidants and flavor, rainbow carrots are an excellent on-the-go snack that's as nutritious as it is delicious. They are great as a raw snack served with dip or shredded onto your favorite salad. Rainbow carrots can also be roasted in the oven with olive oil, sea salt and pepper, added to broth-based soups for a pop of color and flavor, or blended into a smoothie.



Fuji Apple

Fuji apples are predominantly sweet and refreshing, especially when served slightly chilled. The skin of the apple is a speckled pink over a yellow-green background and the flesh is crispy and juicy. Fuji apples are a late-ripening variety and are usually available in November/December or May/June depending on the growing location. Fuji apples make a great snack, but can also be juiced or frozen.

Persimmon

Persimmons taste like no other fruit. They have a silky, slippery texture and taste kind of like a fabulous fruity mix of a mango and a roasted sweet pepper, with some cinnamon in the background. They are rich and tangy and sweet, all at the same time. Some people prefer to simply scoop out the insides, but the skins are edible. . To get the most nutritional value from persimmons, it's best to eat them raw. Persimmons are rich in vitamins A and B, and are a good source of fiber

