



## Before It's Too Late: Ripe Fruit

- Make a trendy smoothie! There are hoards of recipes online. All-fruit smoothies are a delicious juice treat; many other recipes are a balanced, portable breakfast.
- Simmer (i.e. berries) or sauté them with a little salt (i.e. apples, bananas, peaches) for a delicious topping for pancakes, cake, or ice cream.
- Freeze it! Frozen fruit will soften, but is great in future baked goods, smoothies, toppings, and compotes.

For more great fruit use ideas, visit:  
[SaveTheFood.com/cook-it](http://SaveTheFood.com/cook-it)



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