

# Give the Apricot a Thought...

## Fun Facts:

- Apricots are members of the Rose family. They are closely related to peaches and are considered stone fruits due to the large pit in the fruit's center.
- The Latin word for apricot is called *praecocquum*, which means, "early-ripening peach."
- In China, apricots were called "moons of the faithful" and were believed to enhance fertility.

## Nutritional Benefits:

- One apricot has less than 20 calories, yet is packed with essential nutrients!
- Apricots are an excellent source of Vitamin A, which aids in eye sight and immune function.
- Apricots are also a good source of Vitamin C, dietary fiber, and potassium.
- Apricots contain several phytonutrients, including carotenoids and flavanoids, which act as antioxidants, aid in cell differentiation, protect against macular degeneration, and boost heart health.

## 10 Fun Ways to Enjoy Apricots

- 1** Plain Jane Just rinse and enjoy!
- 2** Apricot Pops! Blend sliced apricots and OJ together. Freeze in ice trays and enjoy on a hot day!
- 3** Breakfast Parfait Add some sunshine to your morning with a yogurt parfait layered with apricots and whole grain granola
- 4** Sweet & Sassy Salad Mix fresh or dried apricots and any other fruits/veggies into a spring lettuce mix and drizzle with a light balsamic vinaigrette dressing.
- 5** Tantalizing Trail Mix Combine dried apricots and other dried fruits with your favorite nuts, cereals, and pretzels.
- 6** PB&A Try apricot preserves from a Farmer's Market or try making your own! Spread on whole wheat toast or a peanut butter sandwich.
- 7** Seared Sweetness Sear sliced apricots in a pan with 1 Tbsp of butter and cinnamon until warm. Top with chopped walnuts if desired.
- 8** Apricot Accompaniment Add dried or fresh apricots to brown rice with garlic, onions, and dried cranberries.
- 9** Bake, Broil, or Sautee For a delicious snack or side dish, warm apricot slices using one of these methods, then add a little cinnamon and nutmeg.
- 10** Dazzle with a new Drizzle! Blend apricots with a small amount of milk until smooth. Top whole wheat waffles, oatmeal, or French toast and enjoy. This puree also goes great over low-fat ice cream or frozen yogurt!

## References:

- <http://apricotproducers.com/top-10-ways-to-enjoy-apricots/>
- <https://www.webmd.com/food-recipes/features/8-healthy-facts-about-apricots>
- <https://aggie-horticulture.tamu.edu/syllabi/325/schedule/Classification.%20Nutritional%20&%20Health%20Benefits/Overview%20of%20the%20health%20benefits.pdf>

