

Creative Ways to Add Dried Fruit to Your Recipes.

Adding dried fruits to your recipes is a great way to increase the nutrient density of any meal. Dried fruits add more fiber, vitamins, minerals and antioxidants so easily to any recipe! Here are some ideas...

Toppings: Dried fruit goes great on yogurts, salads, hot and cold cereals and salads.

Rehydrate Them: Add them to sauces, condiments, grain dishes and baked goods, or bake them into a pie!

Dried Fruit in Cookies or Brownies: Add dried cherries, plums or raisins to oatmeal cookies, chocolate chip cookies or a brownie recipe. Muffins would be great too!

Make a Trail Mix: Try out these combinations. Cereal Lover- bran flakes, granola, cashews, dried cherries and dried cranberries. Simple Mix- almonds, dried cherries, dark chocolate chips, & cinnamon. Nuts 4 Nuts- cashews, walnuts, peanuts, dried plums, & sesame seeds.

Add Them to Liquids: Add them to things like vegetable or chicken stock, wine, tea, juice, vinegar, alcohol, or almond flavoring with warm water to add another dimension of flavor to them.

Love Them At Supper: Stir fry them with green beans, broccoli or any side vegetable dish.



Source: <https://www.natureseats.com/blog/recipe-blog/item/creative-things-to-do-when-cooking-with-dried-fruit>