



FROM PLUMS TO PRUNES



Summer-licious Cones

Thinly slice plums, nectarines and peaches and mix them together. Stand large waffle cones in deep, tall glasses. Fill with fruit and spoon low-fat fruit yogurt into center. Top with dried cranberries, diced dried fruit, trail mix, banana chips or ready to eat cereal.



When at the grocery store look for plums that are plump and slightly soft to the touch, without shriveled skin, mushy spots, or breaks in the skin.



Did You Know?

- In 2000, plumes were renamed to “dried plums” because the name “dried plums” appealed to a broader audience than the name plum.
- Select plums which are smooth, plump, and firm with a little “spring” with given a light squeeze.
- If unripe, ripen plums at room temperature. When ripe, store plums in the refrigerator.

- One fresh plum contains about 30
- calories while contributing vitamin A,
- potassium, and fiber. As with other
- dried fruits the drying process
- concentrates the nutrients in prunes.
- However, the calorie count also
- increases; dried plumes (also known
- as prunes) contain more than four
- times the calories, by weight, that
- plums do. Dried plums are a high-
- fiber food. Ounce for ounce, dried
- plums contain more fiber than dried
- beans and most other fruits and
- vegetables. They are also rich in
- beta-carotene and are a good source
- of B vitamins and potassium.

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