



SMART SHOPPER TIPS & RECIPES

Defrosting the Garden

Longing for the fresh, sweet taste of summer vegetables and fruit? Why not try frozen? Here's a recipe to get you started.

Blueberry pancakes

1½ cups whole-wheat flour
1 cup all-purpose flour
3 tsp baking powder
¾ tsp salt
½ cup brown sugar
2 eggs
2 cups 1% or 2% milk
1 tsp vanilla
2 tbsp vegetable oil
2 cups frozen blueberries

Directions:

- Measure flours, baking powder, salt and brown sugar into a large bowl. Stir with a fork until well blended.
- Make a hole in the center of the flour mixture.
- In another bowl, whisk eggs with milk, and vanilla.
- Pour egg mixture into the hole of the flour mixture and add the oil. Stir just until batter is lumpy.
- Stir in blueberries.
- Heat a large, lightly greased frying pan on the stove over medium heat.
- Pour batter into hot frying pan using a 1/4-cup (50-mL) measure.
- Cook until pancake surface is covered with bubbles, about 2 minutes.
- Turn and cook the other side until underside of pancake is golden, about another 2 minutes.
- Remove from frying pan and serve topped with low-fat yogurt, cinnamon-dust, low-fat cottage cheese or berries.



Adapted with permission from Chatelaine.

Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables and fruit
For tips and practical suggestions visit www.5to10aday.com

Frozen vegetables and fruit are just as healthy as fresh ones and you can buy them year-round! There are many types you can try.

Frozen Vegetables

Choices

Beans (green and yellow)
Broccoli
Carrots
Cauliflower
Corn
Mixed vegetables
Peas
Spinach

Using

Frozen vegetables can be added to:
Soups
Stews
Casseroles
Chili
Pot pies
Stir fries
Pot roasts

Buying

When buying frozen vegetables, pick ones packed without sauces or gravies. Sauces and gravies often increase the salt and fat content of the product.

Thawing

Most vegetables do not need to be thawed before cooking. By not thawing them, you can keep nutrients from being destroyed during the cooking process. This means that the final product would be just as nutritious as fresh cooked vegetables.

Cooking

Frozen vegetables can be steamed, boiled, baked or cooked in the microwave. They have a shorter cooking time than the fresh kind because they have been blanched (quickly heated before being frozen).

Frozen Fruit

Choices

Blackberries
Blueberries
Cranberries
Mixed berries
Peaches
Raspberries
Sour Cherries
Strawberries

Using

Frozen fruit can be added to:
Muffins
Pancakes
Drinks/Smoothies
Yogurt/frozen yogurt
Cottage cheese
Cakes

Buying

When buying frozen fruit, choose those packed without added sugar or syrup.

Thawing

When frozen fruit is used to replace fresh fruit in a recipe, do not thaw completely. To partially thaw fruit, place under cold running water long enough to separate the pieces. Pat dry with a paper towel and use right away.

\$ Tip
Save money by buying store brand or "No Name" brand products.



Tip
Avoid buying bags of frozen vegetables or fruit that are in a solid mass. This could mean that the bags have been thawed and refrozen.

