



# Freezing Fruits



## Apricots

soak in boiling water for 30 seconds, cool in cold water and remove the skin. Halve, pit and slice.

## Avocados

halve and remove stone and skin. Puree, if desired.

## Bananas

peel and freeze whole OR puree with a little lemon juice.

## Blueberries

remove the stalks.

## Cranberries

remove the stalks.

## Cantaloupes

halve and remove seeds and membranes. Slice, remove the peel and dice into 2 cm cubes.

## Fig

remove the stalks. Peel, if desired. Keep whole or slice.

## Strawberries

remove the stalks. Leave whole, cut into wedges or slice.

## Raspberries

whole.

## Currants

remove the stalks and trim.

## Kiwis

peel, slice and drizzle with lemon juice OR puree.

## Mangos

peel and remove the flesh from around the core. Slice OR puree.

## Blackberries

whole.

## Nectarines

soak in boiling water for 30 seconds, cool in cold water and remove the skin. Halve, pit and slice.

## Papayas

peel, halve lengthwise and remove the seeds. Slice the flesh or puree.

## Peaches

soak in boiling water for 30 seconds, cool in cold water and remove the skin. Halve, pit and slice.

## Apples

peel, core and slice.

## Plums

soak in boiling water for 30 seconds, cool in cold water and remove the skin. Halve, pit and slice.

## Grapes

remove the stalks.

## Rhubarb

cut the sticks into 3 cm pieces OR puree.

