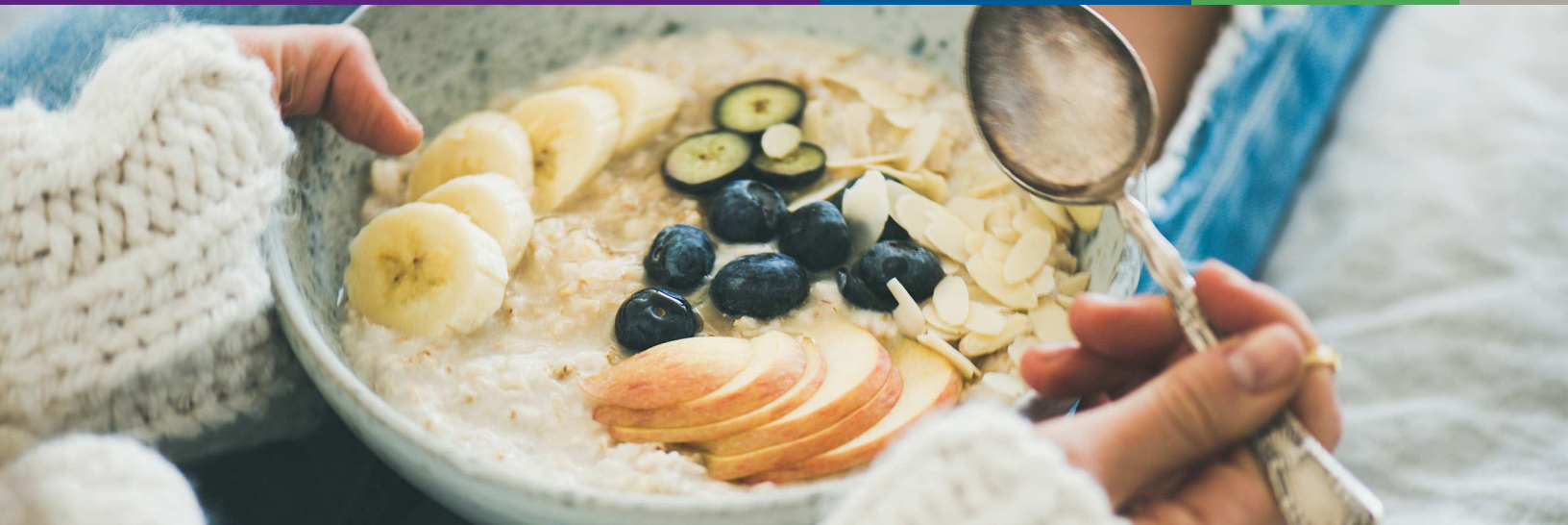


# Tasty winter fruit recipes



Vitamin-packed fruit can be a nutritious part of your meals and snacks any time of year. Even during the colder months, there are plenty of in-season fruits to choose from. Below are three fruit-forward recipes that are perfect for enjoying in the winter.

## Microwaved pear crumble mug

Top with a scoop of yogurt, some blueberries and banana for a sweet breakfast or even dessert.

**Makes 1 serving | Prep: 3 minutes | Cook: 4 minutes**



### Ingredients

- 1 pear, chopped
- 2 Tbsp water
- 1/8 tsp ground cinnamon
- 1/8 tsp vanilla extract
- 2 Tbsp rolled oats
- 1 tsp ground flaxseeds
- 1 tsp unsalted butter, softened
- 1 Tbsp chopped walnuts or almonds

### Preparation

In a microwave-safe mug, combine pear, water, cinnamon and vanilla. Microwave on high for about 2 minutes, until pear is softened. While the pear is cooking, mix the oats, flaxseeds, butter and walnuts or almonds until it resembles granola. Mix the pear in the mug, and top with oat mixture. Place in microwave and cook for another 1-2 minutes.

Recipe continues on next page.

## Nutrition information per serving | Serving size: About 3/4 cup



Calories: 206 | Total fat: 9 g | Saturated fat: 2 g | Sodium: 6 mg | Cholesterol: 5 mg | Total carbs: 30 g | Fiber: 7 g  
Sugars: 14 g | Protein: 4 g | Potassium: 264 mg

## Orange & greens salad

Eat by itself or add a protein like salmon or grilled chicken to make it a more filling meal.

Makes 4 servings | Prep: 6 minutes



### Ingredients

- 6 cups mixed greens
- 2 medium oranges, sliced into thin rounds and quartered
- ½ small red onion, thinly sliced
- ¼ cup crumbled goat cheese
- ⅓ cup sliced almonds
- ¼ cup olive oil
- 2 tsp champagne vinegar

### Preparation

Toss the greens, oranges, onion, goat cheese and almonds together in a large bowl. In a small bowl, whisk together olive oil and vinegar. Toss the salad with dressing just before serving.

## Nutrition information per serving | Serving size: 1 3/4 cups



Calories: 371 | Total fat: 17 g | Saturated fat: 2 g | Sodium: 103 mg | Cholesterol: 1 mg | Total carbs: 46 g | Fiber: 15 g  
Sugars: 15 g | Protein: 11 g | Potassium: 653 mg

## Pomegranate salsa

Spoon on top of plain grilled fish or chicken to turn a standard meal into something special.

Makes 4 servings | Prep: 5 minutes



### Ingredients

- 1 cup pomegranate arils (seeds)
- ⅓ cup finely chopped cucumber
- 2 Tbsp finely chopped onion
- 2 Tbsp chopped fresh cilantro
- 3 tsp lime juice

### Preparation

Toss all ingredients together in a bowl. Chill in refrigerator for at least 30 minutes before serving.

Recipe continues on next page.

## Nutrition information per serving | Serving size: Approximately 1/3 cup



Calories: 33 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 1 mg | Cholesterol: 0 mg | Total carbs: 7 g | Fiber: 2 g  
Sugars: 5 g | Protein: 1 g | Potassium: 105 mg

## Apple-cheddar melt

Serve with 1-2 cups of your choice of vegetable, or select a side to help complete a balanced meal.

Makes 1 serving | Prep: 3 minutes | Cook: 6 minutes



### Ingredients

- ½ apple, medium, thinly sliced
- 1 slice low-fat, low-sodium cheddar cheese
- 2 slices sprouted, whole grain bread

### Preparation

Layer thin apple slices and cheese between bread slices. Broil or toast for 6 minutes.

## Nutrition information per serving | Serving size: 1 sandwich



Calories: 297 | Total fat: 12 g | Saturated fat: 6 g | Sodium: 206 mg | Cholesterol: 28 mg | Total carbs: 36 g | Fiber: 6 g  
Sugars: 13 g | Protein: 14 g | Potassium: 256 mg

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