



FRUIT SUPERHEROES



Fruit to the Rescue!

PEARFECT-P

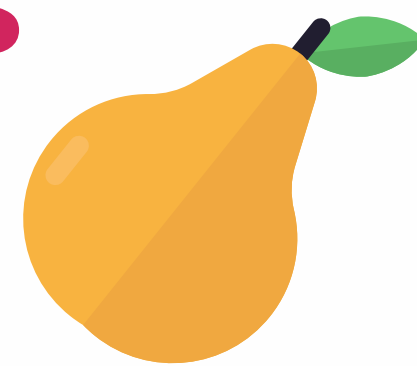
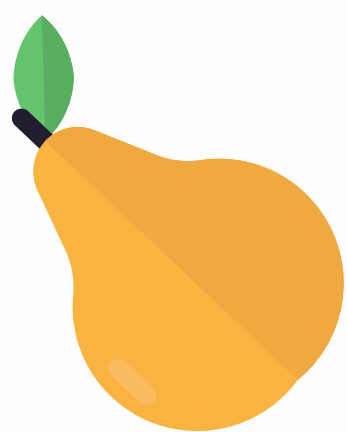


The pear superhero has a unique shape called pyriform. This superhero can be found in colours of green or yellow! The pear superhero grows on a pear tree that can grow up to 17 meters tall.

Where does the pear get its superpower strength from?
From fibre.

This superpower is good for your body because it will keep you feeling full for longer!

GET THE SAME SUPERPOWERS AS PEARFECT-P



Snack Idea:

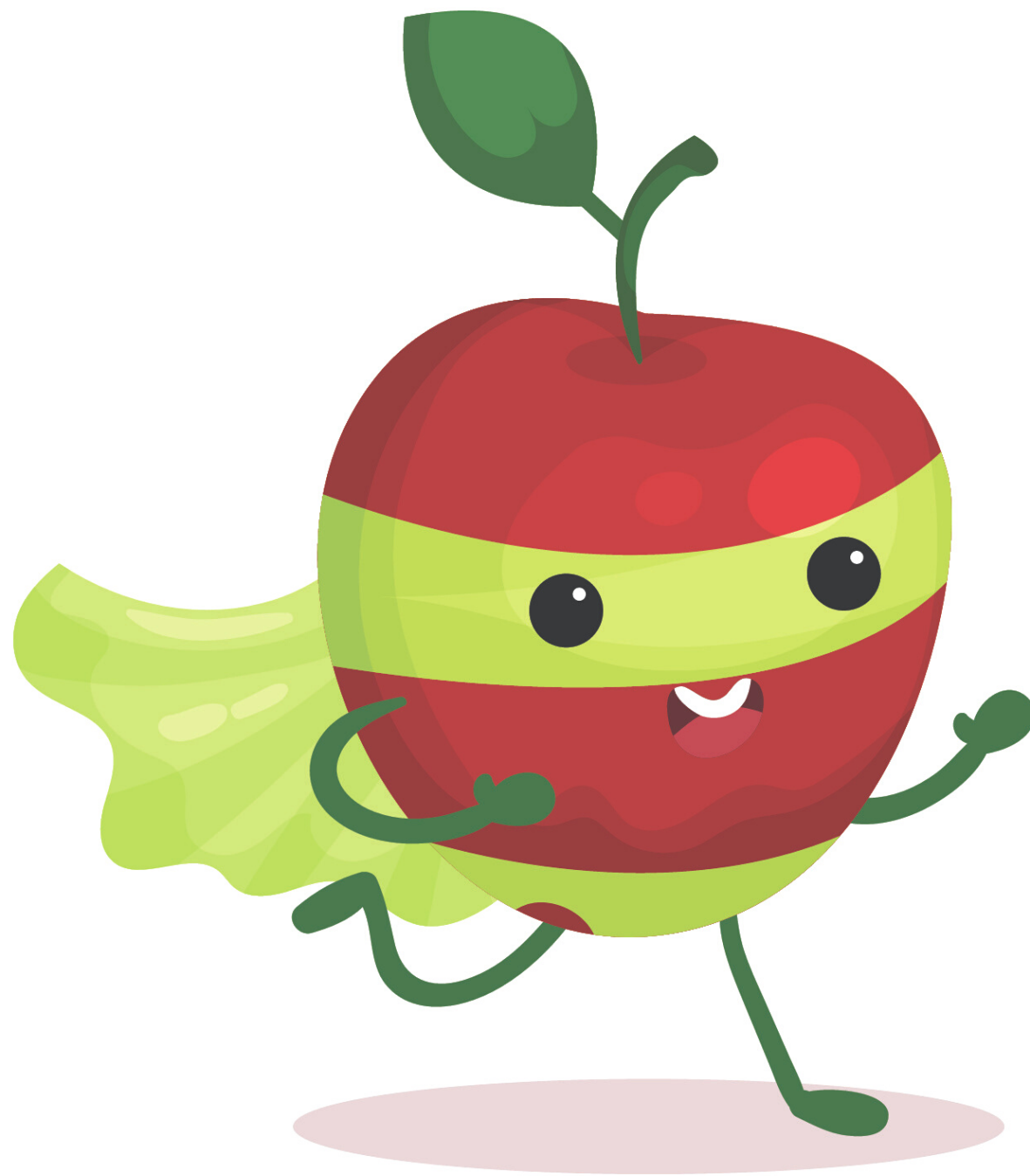
What you will need:

- 2 ripe pears
- 1 teaspoon of honey
- ½ teaspoon of cinnamon

What you will do:

- Preheat the oven to 350 degrees.
- Slice the pears in half and scoop out the seeds.
- Drizzle the pear with maple syrup and sprinkle with cinnamon.
- Put on a baking pan and bake for 25 minutes.
- Top with yogurt, granola or nuts!

FRITTER FIGHTER



The apple superhero grows on an apple tree. It comes in many different shapes, sizes and colours. These differences will give different apple superheroes a different taste! This superhero has a superhero sidekick called a honey bee which pollinates the plants and allows them to grow. The apple superhero has superpowers that are similar to the pear.

Where does the apple get its superpower strength from?

From fibre and water.

Water is important for our bodies because it helps with digesting and absorbing foods.

GET THE SAME SUPERPOWERS AS FRITTER FIGHTER



Snack Idea:

What you will need:

- 2 apples
- 1 teaspoon cinnamon
- 2 teaspoons lemon juice

What you will do:

- Slice the apples into slices.
- Put the apple slices into a large bowl and mix with the cinnamon and lemon juice.
- Toss to coat all the apples evenly.
- Put them in the fridge to chill or enjoy right away!



BUZZ BERRY



The blueberry superhero grows on a bush. It may be small, but it packs a powerful punch and has a very sweet taste. The blueberry superhero is actually not blue in colour, it is deep purple!

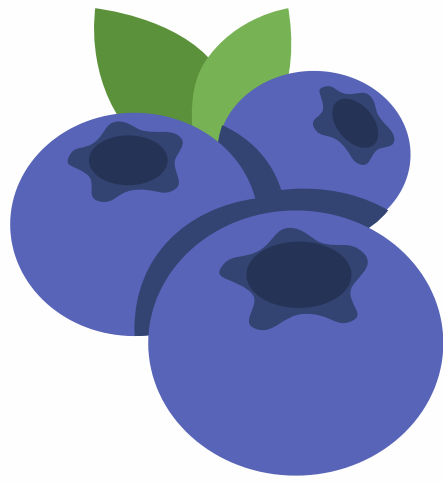
When they are ready to eat, the insides will be a light green colour.

Where does the blueberry get its superpower strength from?

From Vitamin K.

Vitamin K is important for your blood and your bones.

GET THE SAME SUPERPOWERS AS BUZZ BERRY



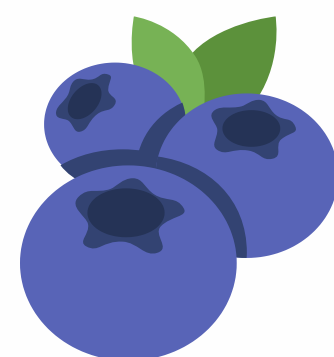
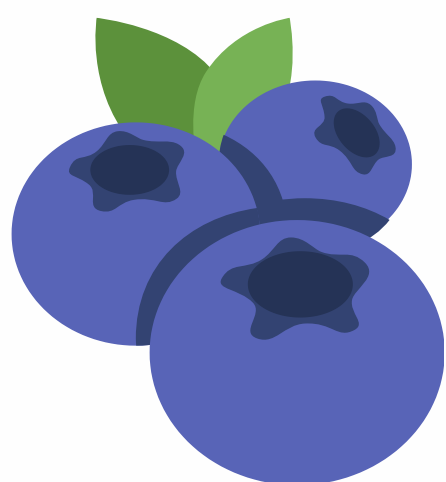
Snack Idea:

What you will need:

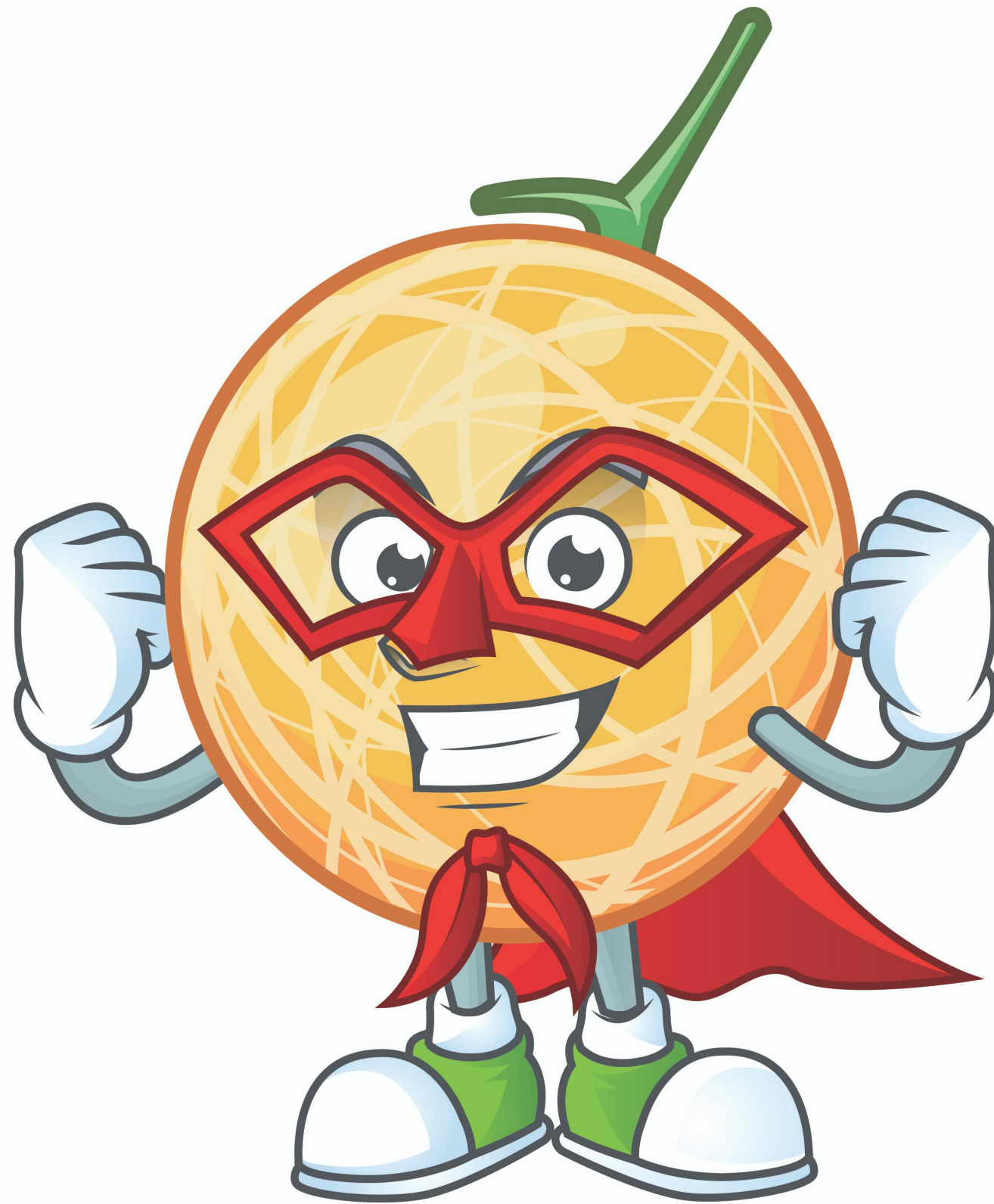
- 1 cup of plain yogurt
- ½ cup of blueberries
- 1 teaspoon of honey or syrup

What you will do:

- Blend all of the ingredients together.
- Pour into popsicle moulds.
- Freeze overnight!



CYBER CANTALOUPE



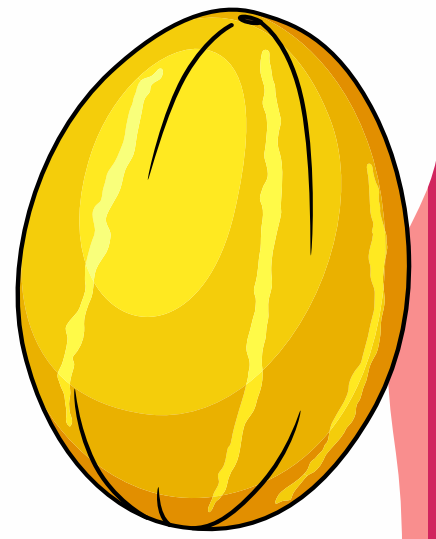
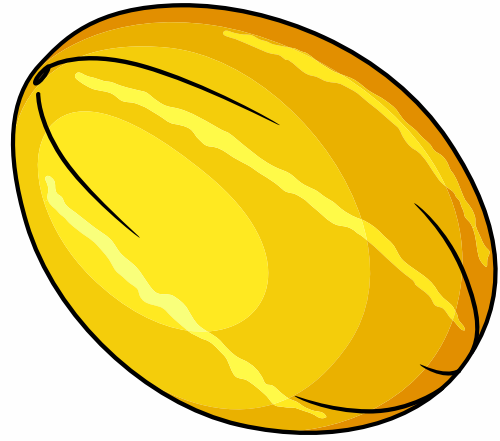
The cantaloupe superhero has a hard exterior, but a soft interior. It is light green and striped on the outside, and orange on the inside. The cantaloupe superhero is also called a rockmelon (in Australia) or a sweet melon.

Where does the cantaloupe get its superpower strength from?

From a source called vitamin C.

Vitamin C is important for our immune system and to keep us from getting sick.

GET THE SAME SUPERPOWERS AS CYBER CANTALOUPE



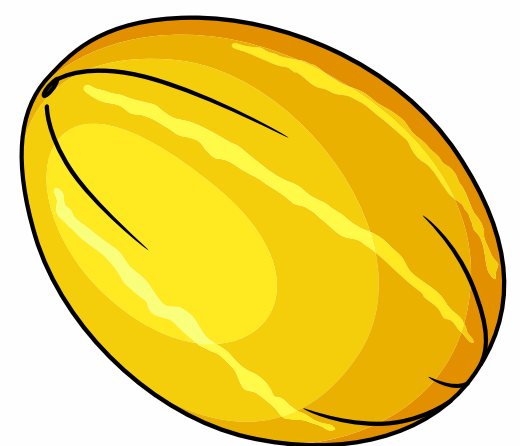
Snack Idea:

What you will need:

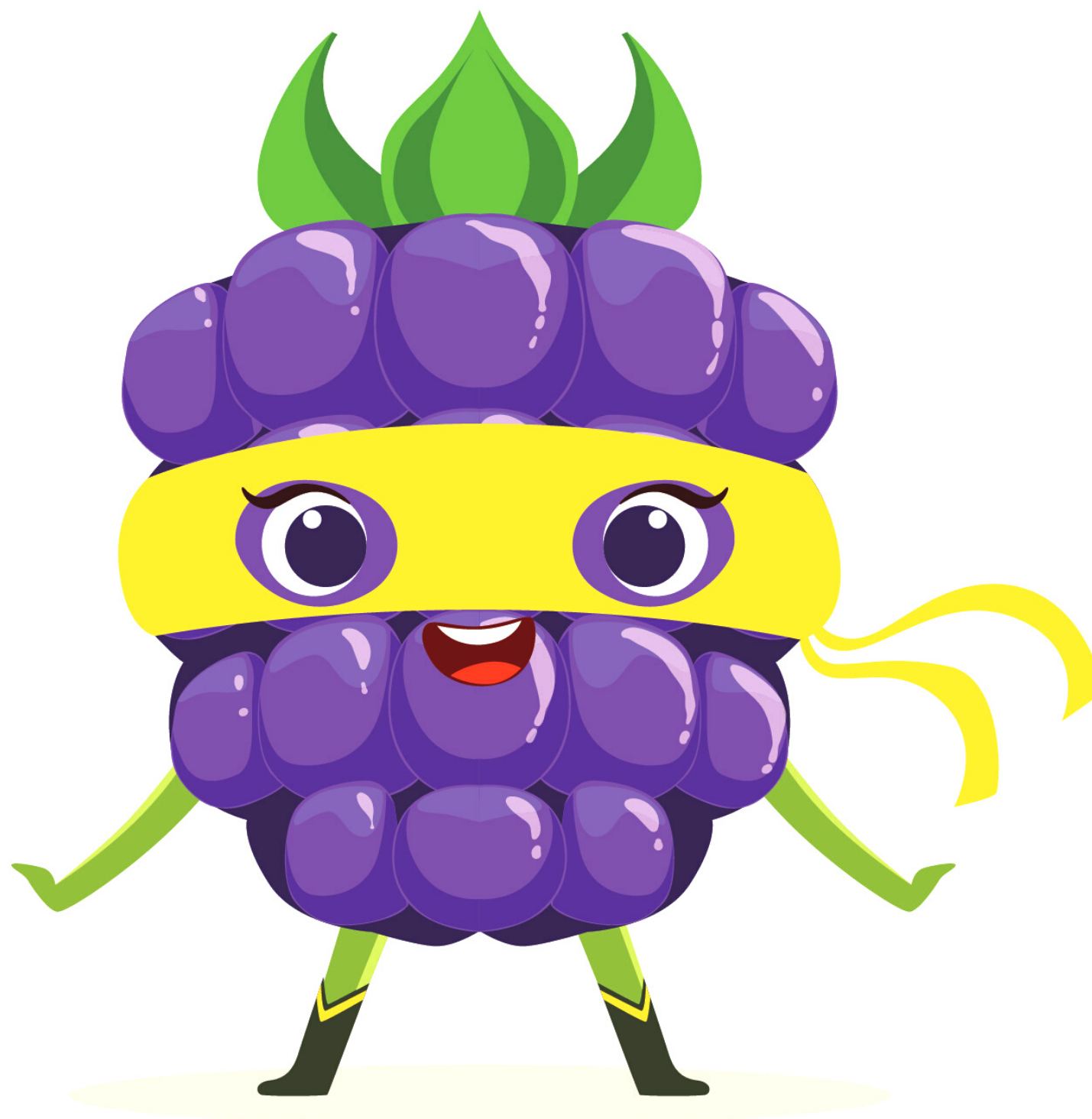
- 3 cups of cantaloupe, cut into cubes
- 6 cups of water
- 1 tablespoon of lime juice
- 2 tablespoons of sugar

What you will do:

- In a blender, puree the cantaloupe until smooth.
- Add to a large pitcher along with the rest of the ingredients.
- Stir to combine.
- Refrigerate or serve with ice!



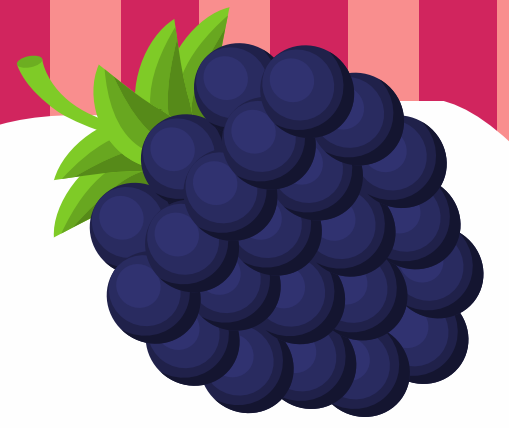
MR. INCREDI-BERRY



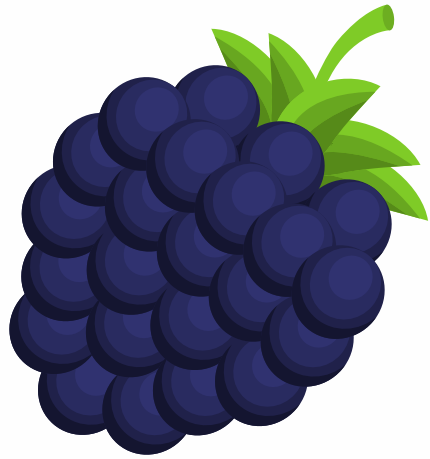
True to its name, the blackberry superhero has a dark, black exterior. If eaten when they are ripe, they have a sweet taste. But if they are unripe they will have a tart and sour taste. Some varieties of blackberries have prickles on them when they grow that are so sharp that they can cut through your jeans.

Where does the blackberry get its superpower strength from?
From a source called vitamin C and vitamin K.

These vitamins are important for your immune system, blood and bone health!



GET THE SAME SUPERPOWERS MR. INCREDI-BERRY



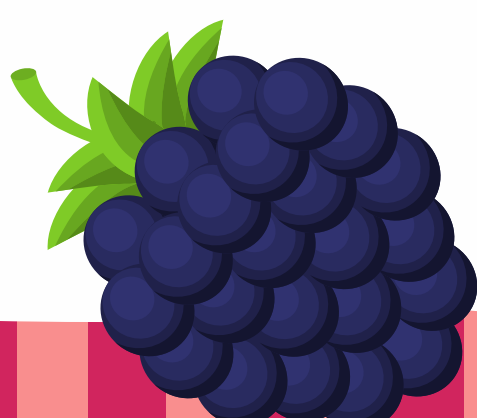
Snack Idea:

What you will need:

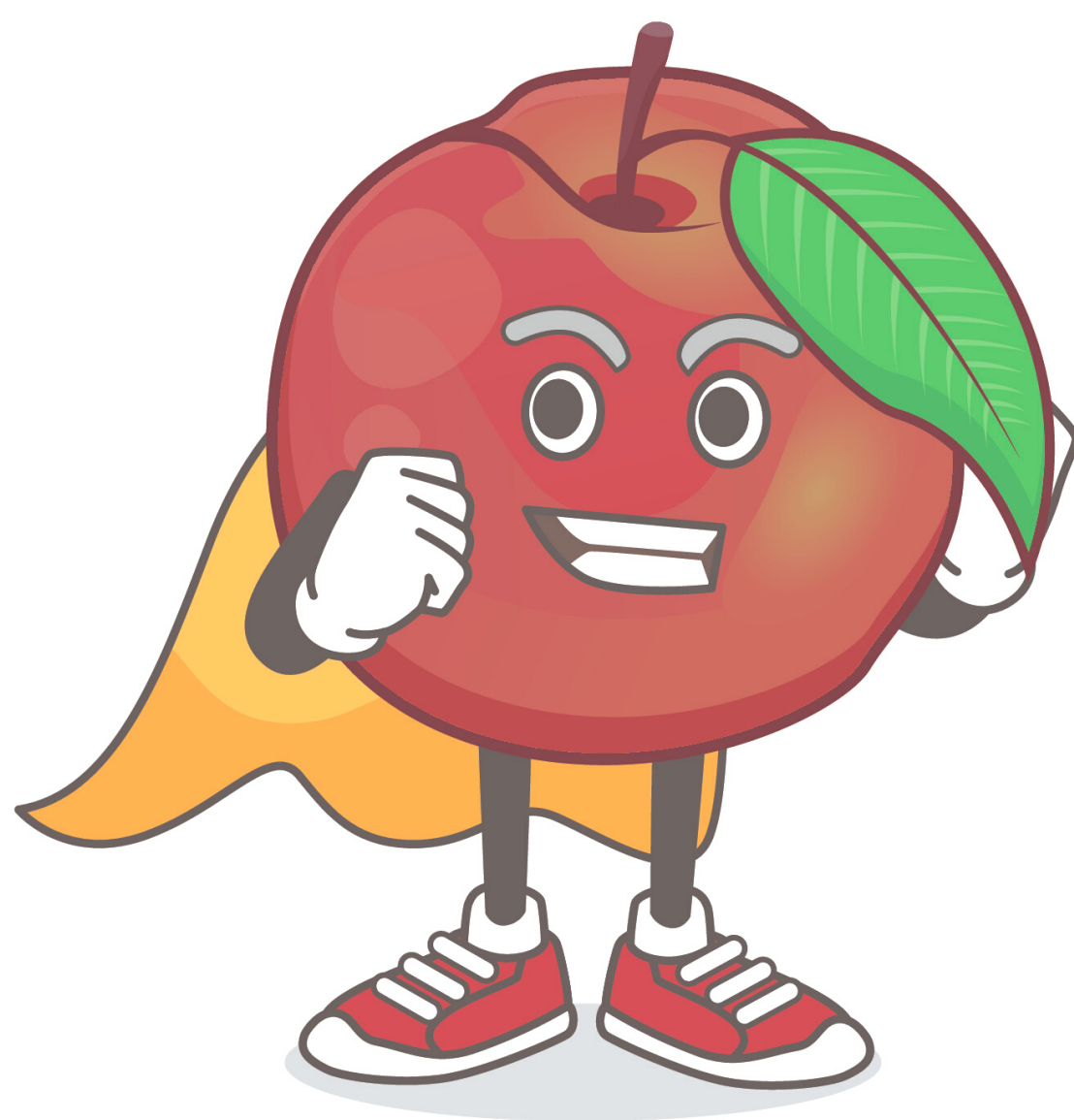
- 2 large bananas, chopped and frozen
- 1 cup frozen blackberries
- 1 tablespoon honey
- ½ cup greek yogurt

What you will do:

- Add all ingredients to a food processor or high speed blender.
- Serve immediately!



NOBLE NECTARINE

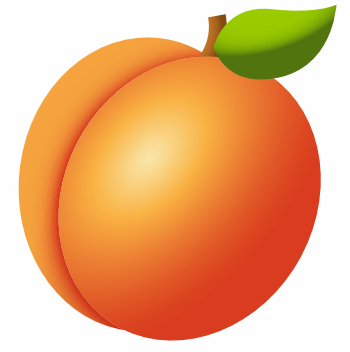


The nectarine superhero is often confused with the peach superhero. They are actually the same species. The peach superhero has a fuzzy outside and the nectarine superhero is smooth and smaller. The nectarine superhero is very popular all around the world in different cultures. It grows on a tree and is easily bruised, so it has to be handled carefully.

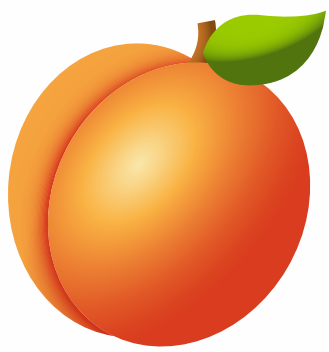
Where does the nectarine get its superpower strength from?

From potassium.

Potassium is important for your muscles and nerves.



GET THE SAME SUPERPOWERS AS NOBLE NECTARINE



Snack Idea:

What you will need:

- 2 nectarines, chopped into cubes
- 2 tablespoons sugar
- 1 tablespoon water

• What you will do:

- Place all ingredients in a saucepan over medium heat.
- Constantly stir the mixture until it is thickened and warm.
- Serve with greek yogurt, on top of oatmeal or on ice cream!



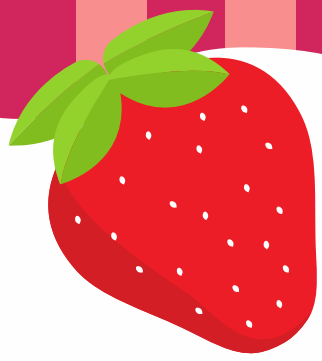
SUBERB-BERRY



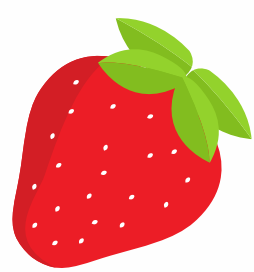
The strawberry superhero is best known for its bright red colour and sweet taste. The strawberry superhero has its seeds on the outside of the fruit. It can have up to 200 seeds on the outside!

Where does the strawberry get its superpower strength from?
From a nutrient called manganese.

Manganese helps you digest food. It is also like a sidekick to vitamins- it helps your body use vitamins such as vitamin C.



GET THE SAME SUPERPOWERS AS SUPERB-BERRY



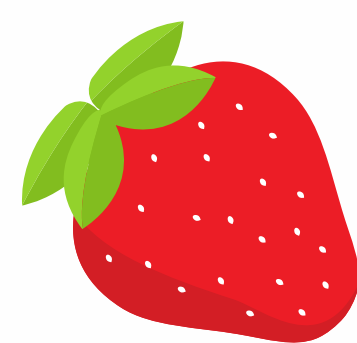
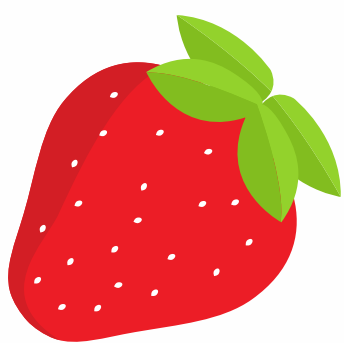
Snack Idea:

What you will need:

- 1 cup strawberries
- ½ banana
- 1 cup of milk
- ½ cup ice cubes

What you will do:

- Add all of the ingredients to a blender.
- Blend and enjoy right away!

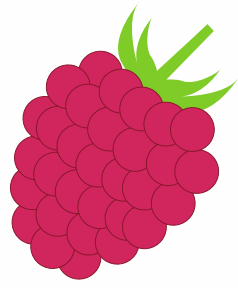


RAZZLE-DAZZLE

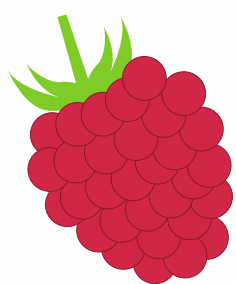
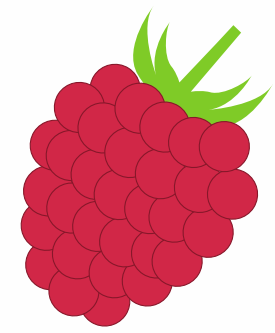


The raspberry superhero is related to the blackberry superhero, but instead it has a reddish-pink colour and a summery-sweet flavour. Raspberry bushes can grow very strong roots which can spread and take over the garden if not taken care of.

Where does the raspberry get its superpower strength from?
A source called fibre.



GET THE SAME SUPERPOWERS AS RAZZLE-DAZZLE



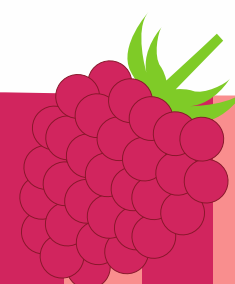
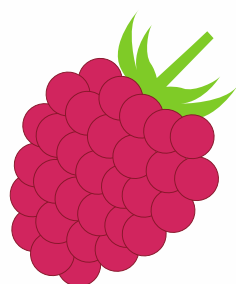
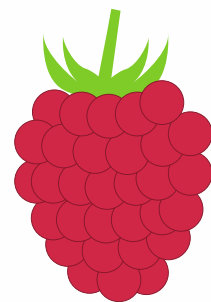
Snack Idea:

What you will need:

- ½ cup plain greek yogurt
- ½ tablespoon honey
- 1 teaspoon vanilla
- 1 cup raspberries

What you will do:

- In a small bowl, add the yogurt, honey and vanilla.
- Mix together. Add to a plastic ziplock bag.
- Pipe the yogurt mix into the tops of the raspberries.
- Eat right away or freeze and enjoy as a frozen treat!





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