

Top 10 Ways to Enjoy Apricots



- 10 **Seared Sweetness!** Sear sliced apricots in pan with a small amount of butter and cinnamon until warmed. Top with chopped walnuts for a little something extra!
- 9 **The Fabulous Frozen Treat.** Blend sliced apricots and orange juice, freeze in ice trays and enjoy! A cool treat on a hot day ... or any day! Your kids will love it!
- 8 **Breakfast Parfait.** Brighten up your morning with a parfait filled with apricots and all of your favorite fruits.
Recipe: Apricot Yogurt Parfait
- 7 **Sweet & Sassy Salad.** Mix fresh or dried apricots with any of your favorite fruit or vegetables for a quick and easy salad with a hint of sweetness. Try our [Winter Fruit Salad](#)—it's great as a side dish or after-school snack!
- 6 **A Tantalizing Trail Mix.** Make your own trail mix by combining dried apricots and other dried fruits with your favorite nuts such as almonds, peanuts, pecans and walnuts.
- 5 **PB & ... A?** Try your hand at making your own apricot preserves! Great on your usual peanut butter creation or as a spread for breakfast breads.
- 4 **Plain Jane.** Just rinse and enjoy!
- 3 **Bake, Broil or Sauté.** For a delicious snack or side dish, warm apricot slices using one of these three cooking methods then add a little cinnamon and enjoy!
- 2 **Sweeten a Side.** Add dried or fresh apricots to brown rice, garlic, onions, dried cranberries and more. Make your own combination or try our Fruited Rice Pilaf recipe.
- 1 **Dazzle with a New Drizzle!** Blend apricots with a small amount of milk until smooth. Top whole wheat waffles, oatmeal, or French toast and enjoy. This purée goes great over low-fat ice cream or frozen yogurt!