

FOOD FACTS

Kiwi Berries



NUTRITION

- Kiwi berries are full of Potassium and Magnesium which help with bone and muscle formation and regulate your heartbeat.
- They have more Vitamin C than an orange! Vitamin C helps with boosting your immune system to help against colds and viruses.

DYK

- Kiwi berries are also called baby kiwi and they have edible fuzz-free skin.
- Kiwi was first discovered in China.
- The growing season is very short and they are only available for a few months a year.

PREPARATION & STORAGE

- Kiwi berries should be stored in the refrigerator like other berries and not washed until ready to eat.
- You can pop the entire berry in your mouth to eat.

Fruit Sandwich

Ingredients:

1 cup	heavy cream
1 Tbsp + 2 tsp	sugar
Pinch	salt
4	kiwi berries, sliced
8	strawberries, trimmed and halved
1	yellow peach
8 slices	white bread

Directions:

Using a mixer on medium speed, beat cream, sugar, and salt in a medium bowl until stiff peaks form, 3 minutes. Remove crust of bread spread whipped cream on each slice. Place fruit in a pattern. Place second slice of bread on top to close sandwich wrap with plastic wrap and chill at least 3 hours. Slice in triangles.

