

# 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 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 each	Kiwi berries, sliced
8 each	Strawberries, trimmed and halved
1 each	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 to close sandwich wrap with plastic wrap and chill at least 3 hours. Slice in triangles.

