

February Fruit - Tangelos

Fun Facts!

- Tangelos are a cross between grapefruit and tangerines
- They are high in vitamin C, which helps protect you from getting sick.
- They are also known as 'ugli fruit' or honeybells due to their bell shape
- They have soft skin so they are easier to peel.
- They were created in 1931

Sources

- <https://www.healthline.com/nutrition/ugli-fruit#benefits>
- <https://kids.kiddle.co/Tangelo>
- https://specialtyproduce.com/produce/Tangelos_6777.php



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Rise and Shine Cobbler

Ingredients

- 1 cup peaches (canned, drained and sliced)
- 1 cup pear halves (canned, drained and sliced)
- 6 prunes (pitted, each cut in half)
- 1/4 teaspoon vanilla extract
- 1 tangelo
- 1 cup granola

Instructions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub a tangelo against a grater to remove 1 teaspoon of the tangelo peel. Then, cut the tangelo in half and squeeze 1/4 cup tangelo juice. Add tangelo peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Source: <https://www.myplate.gov/recipes/rise-and-shine-cobbler>