

May Fruit- Apricots!

Fun Facts

- Originated in China and spread across the world via the Spice Trade Route.
- Apricot means “precious one” in Latin
- Many mythologies believe apricots had healing, love, and immortality properties.
- Full of vitamin A, C, E, K, potassium and iron!
- Although they may not make you immortal, they do make your immune system stronger!
- They are in the same family as blackberries and raspberries!
- California grows 95% of the nation's apricots!



Apricot Snowballs!



Apricot Blossoms Are Commonly Used in Asiatic Art!

Apricot Snowball Recipe

1 + 2/3 cups dried apricots
3/4 cup dried coconut (set aside extra for coating)
Zest of 1 orange
1 tbsp water or orange juice

1. Add everything to a food processor and blend until you have a smooth mixture.
2. Divide and shape into 12 equal balls, then roll in more dried coconut.
3. Place them in a mini-muffin tin or cupcake wrappers.
4. Chill in the fridge for at least 30 minutes.
5. Optional- Drizzle with chocolate before serving for an extra sweet treat.

Recipe adapted from All About Kids Extension
<http://www.allaboutkids.org.uk/2016/01/apricot-date-bar.html>

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