

PERSIMMON APPLE DELIGHT



INGREDIENTS:

- 5 Fuyu persimmons
- 3 apples
- Juice of 1/2 a lemon
- 2 teaspoons honey

INSTRUCTIONS:

1. To prepare each persimmon, thinly slice off the top and bottom then peel the sides. Cut in half, and chop into bite-size pieces. Remove any seeds present (they are not common). Place in a medium size bowl.
2. Dice apples into bite size pieces and added to bowl with persimmons.
3. Put the lemon juice and honey into a smaller bowl and whisk until combined to make a dressing.
4. Pour dressing over apples and persimmons and gently toss to combine.
5. Eat and enjoy!

Yield: 6 servings

Source: Nutrition Department Original

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.

PERSIMMON APPLE DELIGHT



INGREDIENTS:

- 5 Fuyu persimmons
- 3 apples
- Juice of 1/2 a lemon
- 2 teaspoons honey

INSTRUCTIONS:

1. To prepare each persimmon, thinly slice off the top and bottom then peel the sides. Cut in half, and chop into bite-size pieces. Remove any seeds present (they are not common). Place in a medium size bowl.
2. Dice apples into bite size pieces and added to bowl with persimmons.
3. Put the lemon juice and honey into a smaller bowl and whisk until combined to make a dressing.
4. Pour dressing over apples and persimmons and gently toss to combine.
5. Eat and enjoy!

Yield: 6 servings

Source: Nutrition Department Original

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.