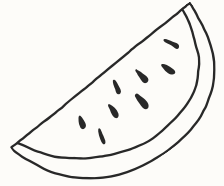


FREEZER CHEATSHEET

FRUITS



FREEZES WELL

NOT RECOMMENDED

- avocado (best peeled and/or mashed)
- berries (raw)
- kiwifruit (sliced)
- banana (peeled, sliced)
- grapes (raw)
- pineapple (peeled and chopped/ sliced)
- cherry (halved, pitted)
- pear (peeled, chopped)
- plums (halved, pitted)
- mango (peeled, chopped)
- apple (peeled, blanched)
- apricot (halved, pitted)
- peach (halved, pitted)
- nectarine (halved, pitted)
- watermelon (cubed/ sliced)
- melon (cubed/ sliced)
- lychee (peeled, seeded, chopped)
- date (pitted)
- feijoa (whole or peeled)
- tamarillo (peeled, seeded, chopped)
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- citrus (peeled, in segments)*
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- Avoid freezing citrus fruits like oranges, lemons, and limes due to their high water content, which can result in a mushy texture and loss of flavor when thawed; it is advisable to enjoy them fresh for optimal taste and texture.
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Remember to store the frozen fruits in airtight containers or freezer bags to maintain their quality. Label them with the date of freezing for easy reference.