

Plums Nutritional Facts

One sliced cup of Plums contains:

- Calories: 76
- Protein: 1 gram
- Fat: Less than 1 gram
- Carbohydrates: 18 grams
- Fiber: 2 grams
- Sugar: 16 grams

Dried Plums have the same nutritional benefits, but are much higher in sugar.

Plums originate from China. They are part of the Prunus genus with other various **stone fruits** including apricots, peaches, cherries, and almonds. They are also members of the **Rose** family, which includes apples, pears, and strawberries.

Plums are full of **fiber**, which helps slow down a blood sugar spike after you eat carbs. Look for firm plums that have a slight "give" when you squeeze them gently. If your plum ripens before you're ready to eat it, put it in the fridge.

Spinach, Basil & Plum Salad

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon grated orange zest
- 1 teaspoon grated lime zest
- Coarse sea salt, preferably red
- Coarsely crushed black pepper
- Two 5-ounce bags baby spinach
- 2 cups basil leaves, torn
- 2 black or red plums—halved, pitted and thinly sliced



1. In a small bowl, whisk the olive oil with the lemon and orange juices, the vinegar and the orange and lime zests. Season lightly with sea salt and black pepper.
2. In a large bowl, toss the spinach, basil and plums. Add the dressing and toss well. Sprinkle with sea salt and black pepper (so there are flakes clinging to the leaves) and serve right away.

Plum Ginger Smoothie

- 1 ripe plum, fresh or frozen, pitted but not peeled
 - 1/2 cup orange juice, or other fruit juice
 - 1/2 cup plain yogurt, or 1 banana
 - 1 teaspoon grated fresh ginger
1. Put all of the ingredients in a blender and whirl until smooth. Let the blender run long enough so the mixture is truly pureed. This is especially important when using frozen plums; you need to give them a chance to get processed.
 2. Pour the mixture into a glass and enjoy.



Roasted Plums with Spiced Syrup

- 4 ripe plums halved and pitted
 - 2 teaspoon agave or honey
 - 1 teaspoon cinnamon
 - 1 teaspoon chili powder
 - 1 cup Greek Yogurt (optional)
1. Preheat the oven or grill to 400 F
 2. Arrange the plums in a baking dish.
Drizzle with the agave mix, using more if the plums are not sweet, or less if the plums are sweet.
 3. Roast in the preheated oven until the plums are very soft, approximately 30 minutes.
 4. Cool slightly & serve topped with yogurt & an additional drizzle of syrup.
Garnish with fresh herbs (thyme or oregano)

