

Delicious **Yet Healthy Ways**

To Eat FIGS *During Pregnancy*

Munch on dried figs as snacks



Put them on your milk, ice cream, or desserts as a topping

Include them in your salads, either fresh or dried



Savor freshly made fig juice

For added flavor, include them in bread, cakes, and other flour-based products



Make a fig preserve by cooking chopped figs and sugar on a low flame until the mixture thickens