

# Strawberries

## Key Points

- For the best buy, choose strawberries that are bright red and firm.
- To prepare fresh strawberries, rinse and remove stems.
- To store fresh, refrigerate strawberries for up to 3 days.
- Strawberries contain vitamin C which is good for fighting colds and healing cuts.



## Straw-nana Topping

### Ingredients:

3 cups whole strawberries, stems removed  
1 ripe banana, sliced

### Directions:

1. Mash strawberries and banana in a bowl.
2. Serve plain or on top of yogurt, ice cream, waffles, pancakes, cereal or graham crackers. Enjoy!
3. Refrigerate leftovers.

**Makes 4 servings.**

## Strawberry Shortcake

### Ingredients:

1 cup flour  
1 1/2 teaspoons baking powder  
3 tablespoons vegetable oil  
1/2 cup low-fat milk\*  
4 1/2 cups sliced strawberries  
1/4 cup sugar  
1 1/2 cups low-fat yogurt

### Directions:

1. Preheat oven to 425°F.
2. In a bowl, mix flour, baking powder, vegetable oil and milk.
3. Spoon batter onto lightly greased baking pan to create 3 biscuits.
4. Bake for 12-15 minutes. Set aside.
5. In a separate bowl, mix strawberries and sugar.
6. Cut biscuits in half and top each half with strawberry mixture and top with yogurt.
7. Refrigerate leftovers.

\* If using nonfat dried milk (NFDM), mix 1/2 cup water with 3 tablespoons NFDM.

**Makes 6 servings.**

## Quick Tips

- Top hot or cold cereal with strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries, yogurt, honey and orange juice for a fruit smoothie!
- Remember to rinse all fruits and vegetables before using.

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