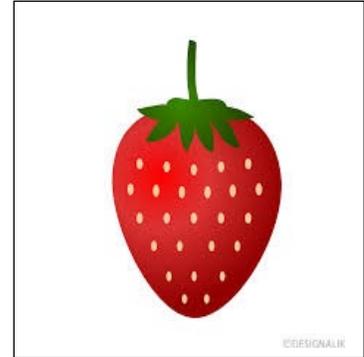


# Recipes with Strawberries

## To be made with parental help



### Strawberry Fruit Salad

#### Ingredients:

- 2 cups strawberries – sliced
- 1 apple, cut into bite sized pieces
- 1 orange sliced (or can of mandarin oranges)
- 1 cup red grapes, cut in halves
- 2 tablespoons of yogurt – your choice of flavor

#### Directions:

Mix all fruits together, stir in yogurt, serve chilled

### Strawberry Smoothie

#### Ingredients:

- 1 ½ cups fresh or frozen whole strawberries, unsweetened
- 1 ½ cups fresh or frozen sliced peaches - or banana
- 1 ½ cups low-fat or fat-free milk
- 8 oz low-fat or fat-free vanilla yogurt - or flavored

#### Directions:

1. Place all ingredients into blender.
2. Cover and puree or blend until smooth.
3. Serve immediately.

#### Variations:

Consider adding orange juice to taste.  
Sugar is optional, sweeten to taste depending on the sweetness of the fruit.  
Consider adding other fruits such as pineapple, mango, or blueberries.

#### Tip:

Freeze leftover smoothie in freezer pop molds or in paper cups with wooden sticks or plastic spoons inserted in centers to create frozen treats. Yum!

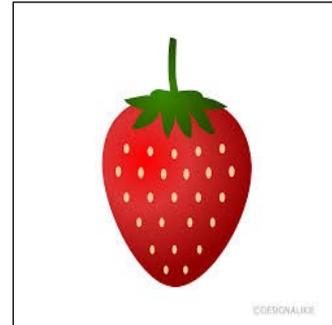
# Strawberry Spinach Salad

## Ingredients:

3 cups spinach leaves  
3 cups assorted salad greens (Romaine, Green Leaf, ) torn to bite size pieces  
1 cup sliced strawberries  
1 medium red onion thinly sliced

## Dressing:

¼ cup orange juice  
2 tablespoons honey  
1 teaspoon Dijon mustard  
½ teaspoon poppy seeds  
2 Tablespoons canola oil  
Salt/pepper to taste



## Directions:

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.

# Chocolate Covered Strawberries

## Ingredients:

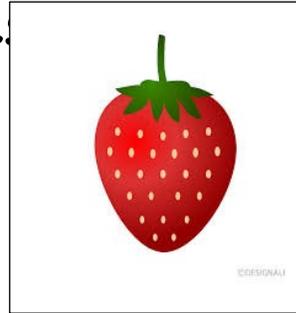
1 cup (6 ounces) semisweet chocolate chips  
1-2 tsp low-fat or fat-free milk, if needed to thin melted chocolate  
1 pint fresh strawberries with leaves (about 14 medium berries)

## Directions:

1. Wash and gently dry strawberries thoroughly with paper towels. Leave stem and leaves on berries.
2. In microwave-safe bowl, heat the chocolate chips for 1-2 minutes at medium high heat until just melted; stir every 30 seconds of heating time until smooth. Add low-fat or fat-free milk as necessary to thin chocolate to dipping consistency.
3. Hold each strawberry by stem; dip one at a time in melted chocolate, about three-quarters of the way to stem. Allow chocolate to drip back into bowl.
4. Place each strawberry on wax-paper-lined pan.
5. Refrigerate strawberries for 10 minutes to harden chocolate

Variation: Dip dried fruits such as apricots, pears, or pineapple in melted chocolate.

# Strawberry Sauce on Pancake.



## ***Strawberry Sauce***

1 pint strawberries – washed and cut into chunks  
1/3 cup white sugar  
1 teaspoon vanilla

### Directions:

1. Combine strawberries, sugar, and vanilla in a saucepan. Cook over medium-high heat, stirring occasionally. The mixture will sizzle for a while, but then juice will begin to form. Continue stirring; mash a few strawberries with a wooden spoon or heat-proof spatula to help produce the syrup. Cook until sauce thickens, about 15 minutes.
2. Remove from heat. In a blender, puree about 1/3 of the sauce, then mix back into remaining topping. Store in refrigerator.

## ***Pancakes***

Ingredients: You can use a box mix or:

1 ½ cup flour  
2 teaspoon baking powder  
½ teaspoon salt  
1 tablespoon sugar  
2 large eggs  
1 cup milk  
2 tablespoon canola oil  
Nonstick cooking spray

### Directions:

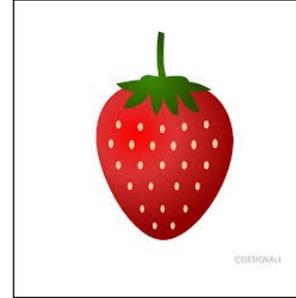
1. Combine flour, baking powder, salt, sugar in large bowl.
2. Combine eggs, milk, and oil in small bowl
3. Add egg mixture to flour mixture for about 1 minute – batter will be lumpy
4. Heat pan and spray with cooking spray over medium-high heat
5. Pour 1/3 cup batter for each pancake – watch surface of pancake until there are bubbles, then flip. Each side gets cooked about 2 minutes.
6. Spoon strawberry sauce over warm pancakes and serve.

Tip: Strawberry sauce is also great on waffles, French toast, vanilla pudding, or ice cream.

# Make your own Strawberry Playdough

## Ingredients:

- 1 cup flour
- 1 tablespoon vegetable oil
- 1 package unsweetened strawberry Kool-aid
- ¼ cup salt
- 2 tablespoons cream of tartar (found with cooking spices)
- 1 cup water



## Instructions:

- Mix flour, salt, cream of tartar and Kool-Aid in a medium saucepan over medium heat.
- Add water and oil.
- Stir continually over medium heat 3 to 5 minutes.
- When mixture forms a ball in the pan, remove.
- Let cook slightly.
- Knead until smooth on a clean surface or waxed paper.
- Store in a covered plastic container.

