



Strawberries

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

*Rich in fiber,
vitamin C, potassium
and antioxidants*

- CHOLESTEROL-FREE
- LOW-FAT
- SODIUM-FREE
- GLUTEN-FREE
- LOW IN SATURATED FAT
- GOOD SOURCE OF FIBER

CHOOSE: Pick red, firm strawberries with green leaves. Avoid ones with mold or soft spots.

STORE: Keep strawberries in the fridge, unwashed, in containers with air holes. Don't wash strawberries until you are ready to eat them.

PREPARE: Wash and use a knife to remove the leaves. You can also remove the middle part with a knife if it is hard.

EAT: Enjoy plain or with sugar.

Sundae: Put strawberries and juice on ice cream.

Shortcake: Add strawberries on top of cake.

Jam: Make jam with strawberries.

Salad: Put strawberries in a salad with dressing.

0.5g

FAT

49

CALORIES

1g

PROTEIN

3g

FIBER

11.7g

CARBS

*Per 1 cup, raw

Strawberry Ice Cream

INGREDIENTS:

- 4-5 frozen medium bananas (peeled and cut into small pieces)
- 2 cups frozen or fresh strawberries
- ½ c milk (low-fat cow's milk, almond milk, or soy milk)
- A tiny bit of salt

INSTRUCTIONS:

- 1 Microwave the frozen bananas and frozen strawberries for 30 seconds to soften.
- 2 Put the bananas, strawberries, milk, and salt in a food processor or blender.
- 3 Blend. You may need to stop the machine and stir the ingredients to make sure everything gets mixed well. Repeat until smooth and creamy.
- 4 If you want to use cocoa powder, add it to the mixture and blend again to mix it in.
- 5 Pour the ice cream into chilled bowls and serve it right away. If you like, garnish with mint leaves.

