

# Nutrition Education

## Strawberries

Bright red and bursting with juicy sweetness, strawberries are a nutritional superstar. Packed with vitamins and antioxidants, strawberries can help protect the body from heart disease, high blood pressure and cancer. All this goodness comes with only 50 calories a cup!

Strawberries are so delicious that they don't require much more than washing and slicing before eating. However, the recipes below give you a few more ways to enjoy strawberries.

### **Breakfast Banana Split**

Yes, a banana split can be healthy AND taste delicious!

Ingredients:

1 small, ripe banana

¼ cup fresh blueberries

¼ cup fresh strawberries

¼ cup pineapple tidbits

¾ cup nonfat or low-fat vanilla yogurt (Greek yogurt works well too)

2/3 cup low-sugar, high fiber cereal (such as Cheerios, Wheaties, Grape-Nuts, or Chex)

1. Peel the banana and slice it lengthwise (from tip to tip). Wash the berries by placing them in a colander and running water over them. Slice the strawberries.
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt.
4. Arrange the banana halves on either side of the yogurt.
5. Sprinkle the top with the other fruit. Serves one adult or two children.

### **Strawberry Beet Smoothie**

This recipe comes from Joy the Baker on her blog at <http://joythebaker.com/2013/04/kale-blackberry-beet-almond-milk-smoothies/> Check out this blog for fun new recipe ideas.

Ingredients:

1 banana, sliced into chunks, frozen is ideal

1 heaping cup sliced strawberries, frozen is awesome

about 1/3 cup steamed, peeled beets (about half a beet)

1 heaping tablespoon flax seed meal

1 cup Almond Breeze Almond Milk

In a blender, combine banana, strawberries, steamed and cooled beets, flax seed meal, and almond milk. Blend until smooth. Add more almond milk if the smoothie is too thick for your taste. Enjoy immediately. Makes 1 large or 2 small smoothies.



