

# Strawberries



**Nutrition:** Strawberries are an excellent source of vitamin C. They may help lower the risk of heart disease and lower your blood pressure.

**Storage:** Wait to wash until ready to eat. Refrigerate in an open container with dry paper towels.

**In Season:** June



## Strawberry Parfaits & Popsicles

*Makes 2-4 servings*

### Ingredients:

1. 1 medium ripe **banana**, mashed.
2. 2/3 cup plain yogurt (if not on hand, vanilla or banana)
3. 1 cup sliced **strawberries** and any other fruit on hand (kiwi, berries, raisins).
4. 1 cup bran or wheat flakes cereal (oats are great too).

### Directions:

1. Mash bananas with a fork in a bowl. Cut up strawberries and other fruit.
2. Stir bananas and yogurt together, along with any vanilla or honey available.
3. **For parfait:** Layer yogurt-banana mixture, strawberries and other fruits, and then cereal in a glass. Have whipped cream around? Top it off!
4. **For popsicles:** Mix in cereal, strawberries, and other fruits to yogurt-banana mixture. Spoon into an empty ice tray or plastic cups. Put popsicle stick into each cup (plastic spoons work well too). Freeze and enjoy!

