



Strawberries, Frozen, Whole

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- 8 large strawberries count as 1 cup in the ChooseMyPlate.gov Fruit Group.
- Frozen strawberries provide nutrients that are good for your health such as dietary fiber and vitamin C.
- Frozen strawberries have no added sugars or sweeteners.

Uses and Tips

- Frozen strawberries can be thawed in the refrigerator or during cooking and baking.
- Use frozen strawberries in baked fruit desserts like breads, cobblers, muffins, or pies.
- Frozen strawberries are a great addition to fruit salads and smoothies.
- For a quick nutrient boost to your breakfast, add frozen strawberries to cereal, oatmeal, or pancakes.

Storing Foods at Home

- Store unopened frozen strawberries in the freezer.
- After opening, store unused strawberries in a sealed air-tight container or freezer safe bag in the freezer to maintain the quality.

MyPlate Facts

- Strawberries are naturally low in fat, sodium, and calories and they do not have any cholesterol.
- Strawberries have many nutrients such as potassium, fiber, vitamin C, and folate.
- Potassium is a mineral that helps maintain a healthy blood pressure.
- Strawberries are a good source of fiber. Fiber helps maintain a healthy gut and helps lower the risk of heart disease.
- Vitamin C is important for growth and repair. It helps heal cuts and wounds and keeps your gums healthy.
- Strawberries have folate, which is also known as folic acid. Folate helps the body form red blood cells and is very important during pregnancy.



USDA Foods

Banana Berry Muffins

Makes 12 servings

Ingredients

Non-stick cooking spray
4 tablespoons applesauce
1/4 cup sugar
2 tablespoons egg mix or 1 shell egg
2 ripe bananas
2 tablespoons water
1/4 cup all-purpose flour
1/4 cup whole wheat flour
1/4 cup quick cooking oats
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup strawberries, chopped (frozen or fresh)

Directions

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with non-stick cooking spray.
2. In a medium bowl, mix applesauce, sugar, egg, banana, and water.
3. In a large bowl, mix all-purpose flour, whole wheat flour, oats, baking powder, baking soda, and salt.
4. Add the applesauce mixture to the bowl with the dry ingredients and mix until moist.
5. Gently add strawberries into the mixture.
6. Fill each muffin cup about 3/4 full of batter.
7. Bake for 25-30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Recipe adapted from SNAP Recipes. Food and Nutrition Service. United States Department of Agriculture.

Spinach Salad with Strawberries

Makes 2 servings

Ingredients

Dressing

2 tablespoons balsamic vinegar
1 tablespoon lemon juice
1 teaspoon honey
Salt and pepper, to taste
1/4 cup vegetable oil

Salad

1 cup spinach
1/2 cup strawberries, thawed and sliced
1/2 cucumber, sliced
1/4 cup sliced almonds (optional)

Directions

1. Make the dressing. In a small bowl, mix the vinegar, lemon juice, honey, salt and pepper. Slowly mix in the oil and set aside.
2. In a large bowl, mix the spinach, strawberries, cucumber, and almonds. Pour 1/2 of the dressing over the salad and mix well. Use the other half of the salad dressing as needed. Serve immediately.

Recipe adapted from Simply Recipes