

Spring Berries

Spring brings one of nature's sweetest fruits—**Strawberries!**

Strawberries are:

- A great source of vitamin C to help your immune system and skin. Eight strawberries have 140% of the recommended daily vitamin C intake.
- A good source of folic acid. Folic acid is important in the development of new cells. Eight strawberries have 20% of the recommended daily folic acid intake.
- A good source of fiber to help regulate digestion and keep you feeling fuller longer.

Serve sliced strawberries on:

- Breakfast cereals
- Pancakes, French toast, or waffles
- Yogurt or pudding
- Cottage cheese
- Lettuce salads
- Stir into lemonade
- Angel food cake for a light and delicious dessert.

Strawberries are easy to prepare.
They are one of the few fruits that you do not have to peel, core or pit.
Just rinse and eat!



Strawberry Orange Smoothie

- 2 cups fresh or frozen strawberries
- 1 banana
- 1 cup orange juice
- 1/2 cup low fat yogurt—plain or vanilla

Directions:

1. Blend strawberries, banana, orange juice, and yogurt until smooth. Enjoy for breakfast or as a snack.
2. If wanting to make a smaller portion half the recipe.



Florence, Forest, Oneida & Vilas Counties

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FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 1-800-362-3002

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