



MAY STRAWBERRIES



Even though it's a little later than usual, the local strawberries are here! Strawberries are a great source of vitamin C. Just $\frac{1}{2}$ cup will give you 81% of your daily value and at just 27 calories. A $\frac{1}{2}$ cup is about 4 large strawberries. They are also a source of fiber and folate.

Vitamin C is one of the vitamins that humans do not have the ability to manufacture. We must obtain it through the food we eat. Vitamin C helps your body heal cuts and wounds and lowers your risk of infection. Vitamin C also helps your body absorb the iron found in foods.

There are several "pick your own" strawberries farms in our area. One of these would be a great place for a field trip. I recommend you call ahead to ensure they are able to handle groups.

Strawberries make great toppers on cereals or pancakes. Try heating sliced strawberries with a small amount of orange juice or unsweetened applesauce in the microwave to make a strawberry topping. Strawberries blend well with orange juice and yogurt for smoothies. Many people enjoy the flavor of strawberries and bananas together. Strawberries are a great addition to spring time salads. You can make a Mexican fruit salad by combining strawberry halves, sliced melon, pineapple and mango chunks. Sprinkle with lime juice and chili powder. This could be a new cultural food for your children to try.

Here's a healthy variation on the ice cream banana split.

Ingredients: 1 small banana, peeled; $\frac{1}{2}$ cup lowfat yogurt; 1 Tablespoon lowfat granola; $\frac{1}{2}$ cup sliced strawberries

Directions: Cut banana in half lengthwise, \; spoon yogurt into bowl; place banana halves on both sides of yogurt; top yogurt with granola and berries; serve