



University of Nevada
Cooperative Extension

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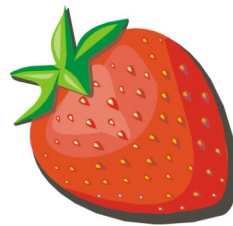
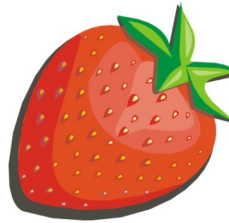
Fact Sheet #11-33

SENSATIONAL STRAWBERRIES



FROZEN STRAWBERRY BARS

Wash and remove the tops from 1 cup of strawberries. Place fruit in a blender and blend with 1 to 2 tablespoons of water until smooth. Add 1 tablespoon of sugar (optional) and 1 teaspoon of lemon juice to the fruit and blend until smooth. Pour into molds, small paper cups, or ice cube trays. Freeze part way. Insert sticks, straws, or toothpicks. Freeze until solid.



CREAMY COCOA FRUIT DIP

Mix 1 tablespoon unsweetened cocoa with one 8-ounce container of non-fat or low-fat vanilla yogurt.

Serve the dip with a bowl of washed strawberries or other fruit sliced into bite-size pieces.

Did You Know?

- The strawberry is a member of the rose family.
- There are 200 seeds on each strawberry.
- Choose shiny, firm strawberries with a bright red color. Avoid shriveled or mushy berries.
- Do not wash strawberries until ready to eat. Store them in the refrigerator and enjoy them in one to three days for the best quality.

Strawberries are nutrition packed!

In fact, 1 cup of strawberries provides:

| | |
|-----------------|---|
| Vitamin C daily | 100 percent of your need |
| Folic acid | significant source |
| Potassium | significant source |
| Fiber | as much fiber as a whole slice of wheat bread |
| Calories | only 50 |

Why is Folic Acid Important?

Folic Acid is a vitamin that helps the body form new red blood cells.

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