



STRAWBERRIES

HEALTH BENEFITS:

Bursting with vibrant flavor and packed with essential nutrients, strawberries are a delicious addition to any diet. Rich in vitamin C, strawberries support a strong immune system, helping your body ward off infections and stay healthy year-round. Their high fiber content aids in digestion, promoting gut health and regularity. Additionally, strawberries are loaded with antioxidants, including flavonoids and phenolic compounds, which help protect cells from damage caused by free radicals and may reduce the risk of chronic diseases such as heart disease and cancer. With their low calorie and sugar content, strawberries are a guilt-free indulgence that satisfies your sweet cravings while nourishing your body from within. Enjoy the natural goodness of strawberries and reap the bountiful health benefits they offer!

SELECTION & STORAGE:

When choosing strawberries, look for plump, firm berries with a bright red color and fresh green caps. Avoid berries that are bruised, mushy, or have signs of mold. Store them unwashed in the refrigerator in a single layer on a paper towel-lined tray or container. Keep them loosely covered to allow for air circulation and prevent moisture buildup, which can cause mold. Wash strawberries just before eating or using them in recipes by rinsing them gently under cold water and patting them dry with a paper towel.

RECIPE OF THE MONTH: STRAWBERRY BANANA CHIA SEED PUDDING

INGREDIENTS (4 servings):

- 1 banana, mashed
- 1/2 cup Greek yogurt
- 1 cup milk (or your favorite milk alternative)
- 1 tsp vanilla extract
- 1/4 cup chia seeds
- 1 cup strawberries, diced

DIRECTIONS:

1. Mash the banana in a medium bowl.
2. Mix the banana and the yogurt together until smooth.
3. Pour in the milk, vanilla extract, chia seeds, and strawberries, and mix until well combined.
4. Pour the mixture into an airtight container and refrigerate, covered for 4 hours.
5. Spoon the pudding into desired serving dish and top with sliced bananas and diced strawberries.
6. Enjoy!

