

# Quick Bites



Strawberries are available fresh, frozen and dried—and all are excellent nutritious choices! Did you know that strawberries are the only fruit with their seeds on the outside? When selecting fresh strawberries, choose shiny, firm fruits with a bright red color. Caps should be fresh, green and intact. Avoid shriveled, mushy or leaky berries. Strawberries are high in Vitamin C and dietary fiber, which may help reduce your risk for chronic disease.

Find more recipes at: [www.jocoeats.com](http://www.jocoeats.com)

## Berry Banana Popsicles

Makes 8 servings  
Source: Spend Smart Eat Smart

1 cup strawberries, diced  
1 medium banana, diced  
2 cups nonfat vanilla yogurt

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Stir all ingredients together in a medium bowl.
3. Pour mixture into popsicle molds.\*
4. Freeze at least 6 hours.
5. Run molds under hot running water until popsicles can pull out easily to serve.

\* If you do not have popsicle molds, use a paper cup and insert a popsicle stick into the mold when freezing. Tear paper cup when ready to eat.



### Nutrition Facts

8 servings per recipe

Serving Size: 1 popsicle

Amount Per Serving

**Calories**

**50**

% Daily Value\*

|                         |     |
|-------------------------|-----|
| Total Fat 0g            | 0%  |
| Saturated Fat 0g        | 0%  |
| Trans Fat 0g            |     |
| Cholesterol 0mg         | 0%  |
| Sodium 25mg             | 1%  |
| Total Carbohydrates 10g | 3%  |
| Dietary Fiber 1g        | 4%  |
| Total Sugars 6g         |     |
| Added Sugars            | NA* |
| Protein 2g              |     |
| Vitamin D 0mcg          | 0%  |
| Calcium 16mg            | 2%  |
| Iron 0mg                | 0%  |
| Potassium 27mg          | 0%  |

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# Tips That Make Cents

- ◆ Enroll children in a summer lunch program through the Summer Food Service Program.
- ◆ If you are unable to eat ripe bananas right away, use them in muffins. Or freeze the entire banana in the peel for later use. A frozen banana turns black and looks gross but it is safe.
- ◆ Think of mileage. Shopping at many stores may not be worth the extra time and gasoline cost.
- ◆ To save gas money, park the car and walk inside to order. You get a little exercise too!

## Ways to Enjoy Strawberries!

- **Balsamic & Berries:** Reduce balsamic in a sauce pan by bringing to a boil then simmer over low heat until it has a syrup consistency. Drizzle over fresh strawberries and enjoy!
- **Toss In Salads:** Add strawberries to any salad greens and toss with chopped nuts, feta or goat's cheese, and a low-fat balsamic vinaigrette.
- **Make Lemonade:** Puree strawberries in a blender and pour into a pitcher with lemon juice, water and a touch of sugar. Serve over ice and garnish with fresh mint sprigs.
- **Pretty Parfaits:** Alternate layers of low-fat frozen yogurt with sliced strawberries.
- **Super Smoothies:** Blend frozen strawberries with 100% orange juice, grapes and bananas. Garnish with a mint leaf and serve.

**Storage Info:** Store fresh strawberries in refrigerator for 1-3 days. Do not wash until ready to eat.



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