

#StuckAtHomeSummer #TastyTuesday – Episode 1

Frozen Strawberry Whip –

Makes 2 (1 cup servings)

- 1 ½ cups sliced frozen strawberries
- 1 ripe frozen banana, sliced
- ½ cup frozen pineapple tidbits
- ¼ cup **canned** full-fat coconut milk
(look for canned coconut milk in the Asian Foods section of the grocery store)
- 1 Tablespoon fresh lemon juice

Fun Serving Idea:

Spoon frozen strawberry whip into a plastic baggie.
Snip the corner off with clean scissors, and pipe into serving bowl, or ice cream cone!

Directions

1. Wash hands with soap and water.
2. Place frozen banana, coconut milk and lemon juice in a food processor or blender and blend until creamy.
3. Add strawberries and frozen pineapple tidbits. Blend on high until creamy (you may need to stop the food processor or blender and scrape down sides occasionally to incorporate all ingredients).
4. Spoon into serving bowls and enjoy immediately.

Nutrition: Serving: 1 cup

Calories: 166

Carbohydrates: 29g

Protein: 2g

Fat: 6g

Saturated Fat: 5g

Sodium: 7mg

Fiber: 4g

Sugar: 16g

Tasty Tuesday Tip:

Frozen pineapple can be expensive; it is easy to freeze yourself. Purchase pineapple tidbits canned in juice, and freeze.

How-to:

Wash hands with soap and water.

Open canned pineapple, and drain the juice.

Blot dry with a paper towel.

Place pineapple tidbits on a baking sheet lined with parchment paper, and place in the freezer.

Place frozen tidbits in a freezer bag or storage container, label and date.



Recipe from: www.californiastrawberries.com

