



Farm Fresh To You



## HARVEST OF THE MONTH

# Strawberries

Strawberries are part of the rose family. They are a very good source of vitamin C and manganese. Despite their sweet flavor, strawberries have a surprisingly low sugar content. They make a great snack on their own or a perfect addition to your morning cereal or smoothie. Top sliced strawberries with some freshly whipped cream for a quick and simple dessert.

## STRAWBERRY OATMEAL SMOOTHIE

### INGREDIENTS:

- 1 cup strawberries, stems removed
- 1/2 cup oats (cooked or uncooked)
- 1 cup Greek yogurt
- 1/2 cup water or freshly-squeezed orange juice
- honey (optional)
- ice if desired

### DIRECTIONS:

Put all the ingredients into a blender or food processor and mix until smooth. Pour into a glass and enjoy.

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