BERRIES 5 WAYS

Spicy Fruit Cup

WHAT YOU’LL NEED:
+ Strawberries
+ Mandarin oranges
+ Pears
+ Orange juice
+ Pineapple chunks
+ Cinnamon
+ Nutmeg

Broccoli Strawberry Orzo Salad

WHAT YOU’LL NEED:
+ Orzo pasta
+ Broccoli
+ Strawberries
+ Sunflower seeds
+ Poppy seeds
+ Lemon juice
+ Apple cider vinegar
+ Olive oil
+ Sugar

Very Berry Smoothie

WHAT YOU’LL NEED:
+ Frozen strawberries
+ Frozen raspberries
+ Banana
+ Milk (lowfat)
+ Ice

Fabulous Fruit Muffins

WHAT YOU’LL NEED:
+ Flour
+ Sugar
+ Baking powder
+ Buttermilk (lowfat)
+ Margarine
+ Egg
+ Vanilla extract
+ Frozen strawberries

Overnight Oats & Berries

WHAT YOU’LL NEED:
+ Strawberries
+ Mandarin oranges
+ Pears
+ Orange juice
+ Pineapple chunks
+ Cinnamon
+ Nutmeg

WHAT YOU’LL NEED:
+ Frozen raspberries
+ Lowfat milk
+ Greek yogurt (lowfat)
+ Uncooked rolled oats
+ Honey
+ Vanilla extract
+ Cinnamon

Find these berry recipes here: https://go.usa.gov/x59VS
For more recipes go to: www.whatscooking.fns.usda.gov