

Pick a better snack™ (how easy is that?)

**Wash. Dip.
Eat.**



Strawberry Cream Dip:

½ cup nonfat or light sour cream
¼ cup strawberry fruit spread (no sugar added) or strawberry jam

Fresh Lemon-Poppy Seed Dip

2/3 cup nonfat or light sour cream
4 teaspoons sugar
1 tablespoon lemon juice
1 tablespoon poppy seeds
1 teaspoon finely grated lemon peel

Rinse 2 pints of fresh strawberries and pat dry with paper towels; set aside. For each dip, whisk ingredients until smooth. Make one or more of the dips and serve in small bowls to accompany strawberries.

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Strawberry

Wash. Bite. How easy is that?

- Dip strawberries in flavored low-fat yogurt or top frozen yogurt, ice milk or cereal with berries.
- Freeze berries in a plastic bag and serve cold or freeze in ice cubes and add to lemonade or carbonated water.
- Blend berries with nonfat milk and low-fat yogurt or fruit juice (orange or pineapple are tasty) for a healthy shake.

Buying tips: Look for firm, plump, full-colored strawberries that still have their green “caps” on. Medium and small berries have the best eating quality.

Special tip: Remove the green “cap” with your thumbnail or a small metal spoon.

Storing tips: Store in the refrigerator for several days with their green “caps” intact. Strawberries will keep for several days. Do not wash until ready to eat.

Serving size: ½ cup strawberries

Message from Iowa Nutrition Network and USDA’s Food Stamp Program

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