

## Strawberry Recipes

### **Strawberry Roll**

#### Ingredients:

1 ½ cup sugar  
1 ½ cup water  
1 pint fresh strawberries  
2 cups flour  
4 tsp. baking powder  
1 egg  
½ tsp. salt  
4 tbsp. shortening  
¾ cup milk

#### Directions:

Boil 1 ½ cup sugar and 1 ½ cup water for five minutes. Set aside.

Slice 1 pint of strawberries.

Mix remaining ingredients and form into a ball. Roll out dough. Spread with chopped Strawberries. Roll up like a Jelly Roll. Cut in slices approximately 1 inch thick and place in a greased 13" x 9" pan. Pour water and sugar mixture over rolls. Bake at 450 degrees F. for 25-30 minutes. Let cool.

### **Strawberry Shake (1 serving)**

#### Ingredients:

10 -12 frozen strawberries  
½ cup skim milk  
¼ cup non-fat vanilla yogurt  
1 tsp. sugar (optional)

#### Directions:

Combine all ingredients in a blender or food processor. Blend on high until smooth.

## **Super Strawberry Bars**

### **Ingredients:**

1 cup flour  
1 cup rolled oats  
½ cup butter or margarine, softened  
1/3 cup light brown sugar  
¼ tsp. baking powder  
1/8 tsp. salt  
¾ cup strawberry jam

### **Directions:**

Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).

In a large bowl, mix everything together except the strawberry jam.

Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.

Take the 2 cups of the mixture and press it into a greased 8" x 8" pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!

Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.

Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.

Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.