

Souper Season of Comfort, Winter 2001

Side Dishes

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Frozen Berries

Hello. Here's some more fruit and vegetable news you can really enjoy. I've just returned from the frozen food section and I've picked up some frozen berries-frozen raspberries, blackberries, strawberries and blueberries. They make me recall the flavors of summer. Their vibrant color lets know you that they contain the same powerful cancer-fighting antioxidants as the fresh variety. There are many ways to use these frozen gems. You can make a smoothie with frozen strawberries, or top your hot cereal with thawed blueberries. Or try adding frozen raspberries to your pancake batter. To thaw, simply pour in a colander and let them sit at room temperature for about 30 minutes. Winter or summer, a ½ cup will provide one serving of fruit. Delectable! So go on, do yourself a flavor. Enjoy your 5 or more servings of fruit and vegetables every day.

Recipe Tips:

1. Add ½ cup frozen raspberries for each person to pancake batter before pouring onto the griddle.
2. Make a quick smoothie in a blender with lowfat vanilla yogurt and frozen strawberries.
3. Thaw frozen berries in a colander in the sink for 30 minutes before serving.
4. A ½ cup of berries equals one fruit serving.