

BERRIES 5 WAYS



Overnight Oats & Berries



WHAT YOU'LL NEED:

- + Frozen raspberries
- + Lowfat milk
- + Greek yogurt (lowfat)
- + Uncooked rolled oats
- + Honey
- + Vanilla extract
- + Cinnamon

Broccoli Strawberry Orzo Salad



WHAT YOU'LL NEED:

- + Orzo pasta
- + Broccoli
- + Strawberries
- + Sunflower seeds
- + Poppy seeds
- + Lemon juice
- + Apple cider vinegar
- + Olive oil
- + Sugar

Fabulous Fruit Muffins



WHAT YOU'LL NEED:

- + Flour
- + Sugar
- + Baking powder
- + Buttermilk (lowfat)
- + Margarine
- + Egg
- + Vanilla extract
- + Frozen strawberries

Spicy Fruit Cup



WHAT YOU'LL NEED:

- + Strawberries
- + Mandarin oranges
- + Pears
- + Orange juice
- + Pineapple chunks
- + Cinnamon
- + Nutmeg

Very Berry Smoothie



WHAT YOU'LL NEED:

- + Frozen strawberries
- + Frozen raspberries
- + Banana
- + Milk (lowfat)
- + Ice

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

