



## Frozen Strawberries: Just As Nutritious And Tasty As Fresh

(NAPS)—There's nothing quite like the taste of fresh strawberries—every sweet, delicious bite conjures warm memories of spring and summertime. But did you know that same fresh strawberry taste—and the health benefits—can be enjoyed during the chilly months when you select frozen strawberries?

Strawberries are harvested at their peak of freshness in California, hand-picked from the fields and immediately frozen—capturing all of their nutritious benefits.

“When it comes to strawberries, science shows no significant differences in vitamins, minerals, fiber, or antioxidants between fresh and frozen strawberries\*,” says registered dietitian Colleen Wysocki. “People can feel good about having affordable, nutritious frozen strawberries with a longer shelf-life all year long.”

### Just 8 a Day

Strawberries are not only low in sugar and calories, they also provide a unique combination of essential nutrients, dietary fiber and phytochemicals. Eight medium strawberries, which is a one-cup serving, has more vitamin C than an orange and is packed with beneficial antioxidants and nutrients including potassium, folate and fiber. Clinical research suggests that eating just one serving of eight strawberries a day may improve heart health, help manage diabetes, support brain health, and reduce the risk of some cancers.

### Ways to Use Frozen Strawberries

Choosing frozen is a great way to enjoy delicious strawberry goodness all year long. Frozen strawberries are the perfect ingredient for making sauces for dessert toppings, adding to smoothies, and making jams or jellies. Frozen strawberries can be used to make festive cocktails, and even savory appetizers like salsa or gazpacho.

For more information and recipe ideas, visit: [californiastrawberries.com](http://californiastrawberries.com).

Entertaining soon? This Strawberry Crisp is the perfect dessert to feed a large group for the holidays! Top it off with vanilla ice cream or frozen yogurt.

**Strawberry Crisp**  
*Prep Time 15 minutes*  
*Cook Time 45 minutes*  
*Total Time 1 hour*  
*Servings 8*



**This sweet strawberry crisp can easily be made at any time of year with frozen strawberries.**

### Ingredients

#### For topping:

- ¾ cup old fashioned oats
- ¾ cup flour of choice
- 6 Tbsp cold butter (or coconut oil)
- 2 Tbsp granulated sugar
- 2 Tbsp brown sugar
- ¼ tsp ground cinnamon
- ½ cup walnuts, chopped

#### For filling:

- 4½ cups frozen unsweetened whole strawberries, thawed and chopped
- 3 Tbsp cornstarch
- ¼ cup maple syrup
- 1 Tbsp lemon juice
- 1 tsp vanilla extract

### Instructions

- Preheat the oven to 375° F.
- Add the dry topping ingredients to a large bowl and mix well.
- Use forks or a pastry cutter to mix in the butter, mixing until clumps form. Place the topping mixture in the refrigerator while making the filling.
- In a large bowl, mix together the thawed and chopped strawberries, cornstarch, maple syrup, lemon juice, and vanilla. Stir until they are well combined.
- Place the filling into a 9x9 baking dish or a skillet.
- Sprinkle the topping evenly over the strawberries.
- Bake the crisp for about 40–50 minutes, or until the topping is golden brown and the fruit is bubbling.
- Remove from the oven and let cool.
- Serve with vanilla ice cream or frozen yogurt and enjoy!

\*Bouzari, A., Holstede, D., & Barrett, D.M. (2015). Mineral, fiber, and total phenolic retention in eight fruits and vegetables: A comparison of refrigerated and frozen storage. *Journal of Agricultural and Food Chemistry*, 63(3): 951-956. DOI: 10.1021/jf504890k.