

STRAWBERRIES, FULLY



THE COOKFUL

Edited by Christine Pittman and Heather McCurdy

Strawberries, Fully

Spring has most definitely sprung. The air is fresh and warm. **F**lowers are growing. And, there are berries everywhere. That's why we've decided to spend June focusing on our favorite berry, the strawberry.

In the days and weeks ahead we'll be posting all kinds of strawberry-related articles. You'll learn about the strawberry's nutritional composition, how to do basic things like freeze strawberries and how to make a nice puree. There are classic recipes for strawberry jam and freezer jam and strawberry shortcake too. Plus, we have a bunch of more innovative strawberry things for you to try. We really think you're going to love this series.

Have a berry tasty day!

Christine



THE COOKFUL

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Nutritional Facts About Strawberries

By Kevin Kessler

We're giving you the scoop on whether luscious strawberries are truly good for you or not.

There's a lot of jibber jabber in the dieting community about fruits. Are they good for you? Are they bad for you? When the food pyramid exploded, where did nature's candy fall? Well, we're not going to go into all fruits today, but I do want to talk for a bit about strawberries.

Who doesn't love a good strawberry? (Besides my dad for some weird reason!) They're the perfect finger food size, they're sweet and satisfying and you can buy them all year long. But should you?

Here are some valuable nutritional facts about strawberries.

CARBOHYDRATES

The first thing everyone always wants to know about any food is its carb content. Strawberries do contain carbohydrates, like most fruit. They come in at about 7.7%. A medium-sized strawberry, weighing in at around 12 grams has 0.9 grams of carbohydrates contained within it. This low carb content has a lot to do with the strawberry's super high water content.

The carbs that are contained within strawberries mostly come as a result of simple sugars such as glucose, fructose and sucrose. For every 100 grams of strawberries you've got about 6 digestible grams of carb content.

FIBER CONTENT

Ah fiber, that magical thing that makes the world "go". (See what I did there?) Strawberries have some fiber in them. About three grams of fiber come out of one cup of strawberries. That is both soluble and insoluble. Fiber makes up 26% of the carbohydrate content in a strawberry.

Nutritional Facts

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NUTRITIONAL FACTS

Strawberries consist of mostly water. The water content of a strawberry is 91%. Carbohydrates are manageable, clocking in at just 7.7%. The remaining components of a strawberry boil down to 0.3% fat and 0.7% protein.

In 100 grams of strawberries, you've got 32 calories. Protein comes in at 0.7 grams, sugar is 4.9 grams and there are 2 grams of fiber.

STRAWBERRY FYI

A few more strawberry fun facts for you.

- + great vitamin C source
- + high levels of manganese, folate and potassium
- + super rich with antioxidants

Many believe they have positive benefits for both heart health and controlling blood sugar levels.

So there you have it – all the information you need to know to decide if strawberries are good for you.



How to Hull Strawberries

By Rebecca Clyde

We all know how tedious it can be to hull strawberries, but no more. We're showing you how to hull them the easy way (with less waste).

If you want to eat whole strawberries fresh or add them to a dish (like one of our fabulous strawberry recipes), you'll want to remove the green leaves and the stem (technically called the calyx). This process is called hulling. Essentially, you're cutting off the inedible stem and leaves from the berry.

There are many ways to hull a strawberry, but I know we've all thought there must be a way that allows you to remove the stem and leaves quickly, but not waste much of the delicious berry.

For a long time, I hulled my strawberries by slicing straight across the berry then removing the stem and leaves ... and about 1/4 of the berry. I was wasting so much berry and it didn't even save me all that much time.

How to Hull Strawberries

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You can buy a strawberry huller, but it's no easier than the two methods I'm sharing with you, and it's an additional piece of equipment to bulk up your utensil drawer.

The first method comes from Deanna and Serena of [Teaspoon of Spice](#). Instead of a special tool, this method requires a straw. That's it. The second method uses a paring (or other small) knife. Honestly, they're equally easy. It just depends on which feels more comfortable to you. I like to use a paring knife to hull a small number of berries, and the straw method for hulling a lot of berries.

STRAW METHOD FOR HULLING STRAWBERRIES

1. Hold a strawberry in your hand.
2. Position one end of the straw so it touches the base of the strawberry (opposite of leaves).
3. Pierce the bottom of the strawberry with your straw, and push up until it comes out the leaf end. You should remove the leaves and stem part with this.
4. Re-align straw if needed to get the center of the leaves.
5. Toss leaves and removed center into bag or bowl. I eat the red part off the bottom too so there's no waste.

PARING KNIFE METHOD FOR HULLING STRAWBERRIES

1. Hold a strawberry in your hand, top/leaves facing up.
2. Point your knife toward the top of the berry.
3. Puncture the berry just outside the leaf line and continue to slice around the leaves that are attached.
4. Remove leaves and toss.

Now, who's ready to start hulling those strawberries? No matter which of these two methods you use, the first step is to wash the berries before hulling. Give both these methods a try and let us know which one works best for you.



How to Puree Strawberries

By Rebecca Clyde

Knowing how to puree strawberries means you can make the most delicious strawberry sauce at home. You'll never buy it again.

Just wait 'til you see how easy it is to turn fresh strawberries into a delicious, beautiful sauce. Instead of buying a premade sauce that may not even taste like strawberries, you can make your own with just three ingredients.

This fresh strawberry puree is bursting with sweetness and strawberry-ness. It is so delicious on ice cream, cheesecake, brownies, vanilla or chocolate cake, or even added to olive oil to make a delicious and easy salad dressing.

All you need for this easy and fresh strawberry puree is strawberries, sugar, lemon juice and a blender or food processor to puree the berries.

First, you'll want to hull them with one of the two methods we've already showed you. Then you need to decide "to strain, or not to strain." The only thing straining the sauce does is

How to Puree Strawberries

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separate the strawberry seeds. It doesn't make the strawberry puree less thick or pulpy. I'm a fan of adding more texture to my food, so leaving the seeds in my strawberry sauce is a no-brainer for me. Plus, it saves a step and that means saving time.

But if you're not a fan of the seeds, get a fine mesh strainer and go to town. I ended up using my splatter shield to strain the seeds because all 3 strainers in my kitchen were too big. It actually had smaller holes than any strainers I saw at the store.

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Ingredients:

1 lb. strawberries

1/8 cup granulated sugar

1 tsp. lemon juice

1. Wash and hull strawberries.
2. Add strawberries to a jar, high powered blender or food processor. Pour sugar and lemon juice over strawberries.
3. Blend until smooth.
4. Use immediately or refrigerate for up to 7 days. You may need to adjust the added sugar, depending on the ripeness of your strawberries. If they're really ripe you can reduce sugar by up to half, or if they're not very ripe, you can double the sugar to meet your sweetness preference.



How to Freeze Strawberries

By Rebecca Clyde

Knowing how to freeze strawberries properly means you can have your favorite strawberry dishes any time of the year.

Freezing strawberries is super easy. The only consideration you'll need to make is how you plan on using them. If you want to use them in smoothies, you can totally freeze them whole. If you want to use them sliced, then slice them before freezing.

I recommend doing two things before freezing your strawberries. First, hull your strawberries prior to freezing. It's hard to handle frozen fruit, so removing everything you don't want to eat beforehand is vital to making these frozen berries convenient to use.

Second, lay the berries flat on a baking sheet and flash freeze them for about 2 hours before packaging them in a freezer bag. This way they don't freeze together in a solid lump.

If you plan on freezing a lot of food, investing in a FoodSaver might be a good option for you

How to Freeze Strawberries

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as they help preserve food in the freezer with less risk of freezer burn.

The berries should come off the baking sheet fairly easy and immediately be packaged into a freezer bag and put back in the freezer. If you have a silicone baking mat, that will make it even easier to remove the strawberries from the tray after their first freeze.

READY TO GET STARTED?

1. Wash berries then place on paper towels to dry completely.
2. Lay flat on a baking sheet, then place in freezer for at least 2 hours.
3. Remove berries from baking sheet and place in a freezer bag. Freeze until use.



Strawberry Spinach Salad with Poppy Seed Dressing

By Sam Ellis

Nothing says summer like a Strawberry Spinach Salad with a drizzle of homemade Poppy Seed Dressing. It's going to be a new family favorite.

A classic Strawberry Spinach Salad with Poppy Seed Dressing is a staple in my household for summer dinners. It's easy to throw together or even prep ahead of time and, just like all our other strawberry recipes, showcases the sweetness of summer strawberries so well.

The crunch of chopped pecans and tanginess of crumbled feta are a perfect combination to make sure all your senses are satisfied with every bite. What truly rounds it out though, is the poppy seed dressing.

I add a few extras to this popular vinaigrette-based dressing to make it unique. While a typical vinaigrette is usually 1 part vinegar to 3 parts olive oil, I like to go a little heavy-handed on the

Strawberry Spinach Salad

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vinegar for extra tang and to cut down on the oiliness by using 3 parts vinegar to 5 parts olive oil.

Cutting down on the oil also allows the other components to shine through. Though you may consider cutting the sugar, it's a necessary ingredient to make it a true poppy seed dressing. Speaking of poppy seeds, while they don't add a lot of flavor, they add another texture to the dish. Adding a bit of Dijon mustard gives just the perfect tang. Be sure to shake the dressing thoroughly to ensure the sugar is all dissolved right before serving.

Our trick to perfectly blended dressing is to use a salad shaker or a canning jar with a lid. Both make it super easy to dump all the ingredients in and shake until everything is well emulsified (mixed together). This might even be a job for the kids.

Yield: 4 salads and 3/4 cup dressing

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

1. In a small bowl or salad dressing shaker, mix together vinegar and olive oil. Then add sugar, poppy seeds, Dijon and salt and mix until the sugar is dissolved. Set aside.
2. In four bowls, evenly distribute spinach, quartered strawberries, chopped pecans and feta. Drizzle with poppy seed dressing and serve.

Ingredients:

Dressing:

3 Tbsp. white vinegar
1/2 cup olive oil
1/3 cup sugar
1 Tbsp. poppy seeds
1 tsp. Dijon mustard
1 tsp. salt

Salad

8 oz. baby spinach
16 oz. strawberries, hulled
and quartered
1 cup chopped pecans
1/2 cup crumbled feta



Bisquick Strawberry Shortcake

By Allie McDonald

Bisquick Strawberry Shortcake is the perfect shortcut dessert for summer and our tips make it better than ever.

When you don't have time to make shortcake from scratch, this shortcut recipe is just what you need. We promise it won't lack in flavor but it sure will save on time and effort. It's everything you want in a strawberry shortcake – flaky, fresh, loaded with whipped cream and studded with strawberries.

Our trick is boosting the flavor of the shortcake by adding some vanilla and sugar to the Bisquick Pancake & Baking Mix. Once it's done baking, top each shortcake with strawberries and whipped cream, and no one will even know this recipe only took you about 20 minutes to whip up. Pair it with a Strawberry Spinach Salad with Poppy Seed Dressing and you won't even mind that your family asks for it every night.

Bisquick Strawberry Shortcake

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Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 8 minutes

Total Time: 18 minutes

Ingredients:

2 cups chopped strawberries
1/4 cup and 2 Tbsp.
granulated sugar, divided
2 cups Bisquick Pancake and
Baking Mix
2/3 cup milk
1 tsp. vanilla extract
2 and 1/2 cups whipped
cream

1. Preheat the oven to 450°F.
2. Add the chopped strawberries to a bowl with 2 tablespoons of the sugar. Set aside to let the strawberry juices release.
3. Combine the Bisquick, the remaining sugar, milk and vanilla in a bowl. Mix well until combined; the mixture will be sticky. Drop the batter onto a baking sheet to make 6 discs, using about 1/4 cup for each shortcake. Place in the oven for 8-10 minutes, or until the shortcakes are golden brown on the top. When the shortcakes are cool, slice them in half.
4. Fill the middle with whipped cream and strawberries and put the top half on top of the filling. Finish the shortcakes off with the remaining whipped cream and strawberries, dividing the whipped cream and strawberries evenly between all of the shortcakes.



The Best Strawberry Shortcake

By Rebecca Clyde

Strawberry Shortcake is a classic all-American dessert and our recipe will become a star at all your summer parties.

Strawberry Shortcake is a quintessential late spring and summer dessert. It's easy, beautiful, the strawberries are bursting with flavor and it's light and summery. It's the perfect dessert to bring to a BBQ or serve your family after a busy week day. While we do say that making it from scratch like this is totally worth the work, if you're pressed for time try our shortcut Bisquick Strawberry Shortcake.

So, I've got a secret that makes the shortcake amazing. Most recipes use butter as the fat source, but this is shortcake. Shouldn't we be using shortening? I compared both fat sources and decided on shortening for a couple reasons.

1. It's no-knead. This saves 3-5 minutes, which may not seem like a significant amount of time, but when you account for getting out additional tools (ie: a cutting board and more

The Best Strawberry Shortcake

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flour), and cleaning those additional tools, it's worth the ease.

2. It tastes better with the whipped cream and berries. The shortbread made with shortening tastes delicate and simple on its own – one could say almost boring. But when you top it with fresh whipped cream and sweetened strawberries, its delicate flavor and texture pairs perfectly with the toppings.

Because it's no knead, this is a foolproof recipe that yields a lighter and more tender shortbread. Don't get me wrong. The butter version isn't bad. It's really delicious and tastes better by itself, but we're making strawberries the highlight of this dish so we want them to play together to perfection. The distinct butter flavor and extra saltiness of the butter-based shortcake makes the whole dish feel heavier, which seems contrary to the concept of a light and summery dessert.

I also advocate for freshly whipped cream. Even though it's an additional step, take a few minutes to whip up your very own. It'll hold up better, especially if you're serving it outside. Canned whipped cream seems to melt after a few minutes and becomes a complete liquidy mess.

The Best Strawberry Shortcake

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Yield: 12 servings

Shortcake

Prep Time: 15 minutes

Cook Time: 10–12 minutes

Total Time: 30 minutes

Ingredients:

Shortcake

2 cups flour
1/4 cup granulated sugar
1 Tbsp. baking powder
1/2 tsp. salt
1/3 cup shortening
1/2 cup milk
1 large egg
1/2 tsp. vanilla

Berry Topping

1 lb. strawberries, hulled and sliced
1/8 cup sugar
1 teaspoon lemon juice

Whipped Cream

1 pint heavy whipping cream
2 Tbsp. powdered sugar
2 tsp. vanilla extract

1. Preheat oven to 400°F.
2. Mix flour, sugar, baking powder and salt in a large mixing bowl. Grab two knives or a pastry blender to cut shortening into dry ingredients. Add shortening to dry ingredients, and cut through shortening to distribute it through the flour mixture. Once completed, shortening should be in pea-sized balls and distributed throughout flour mixture. There may be some excess flour, and that's fine.
3. In a separate bowl, add milk, egg and vanilla. Mix until combined. Add to dry ingredients. Mix together with a fork until just barely incorporated (do not overmix).
4. Divide into 12 equal sized balls, and place each on a greased cookie sheet. You can lightly pat down the top of each ball for a flat top if desired. Bake for 15–20 minutes, or until tops are golden brown.

Berry Topping

1. Mix together sliced strawberries, sugar and lemon juice. Let stand for at least 30 minutes before serving.

Whipped Cream

1. Pour heavy whipping cream into large mixing bowl, then add powdered sugar and vanilla. Beat cream with a hand mixer on medium–high speed. Beat until medium–stiff peaks form. This should take a couple minutes. Serve or refrigerate immediately.

Assembly Instructions

1. To assemble shortcakes, slice each shortcake in half, so there's a top and bottom. Place the bottom half on a serving plate.

The Best Strawberry Shortcake

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2. Top with 1/4 cup berries then a dollop (about a tablespoon) of whipped cream.
3. Place top of shortcake over whipped cream.
4. Add remaining berries and cream to each plate if desired. Serve immediately.



Strawberry Lasagna

By Brittany Poulson

Strawberry Lasagna isn't just any old concoction of strawberries and cream, but a full luscious TOWER of strawberries and cream! Your guests will rave over this dessert.

Layers of strawberries and cream-cheese-flavored whipped cream stuffed between sweet crepes come together to make the best strawberry lasagna. Different versions of strawberry lasagna exist, with some using pound cake and others using graham crackers or vanilla wafer cookies.

We think our Strawberry Shortcake is perfect just the way it is and didn't want to make a glorified version of it or use store bought cookies and turn it into what we say is a completely different dessert. This delicate dessert more closely mimics a classic lasagna dish with thin layers of pasta, or, in this case, crepes.

Strawberry Lasagna

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Using thin layers of homemade crepes keeps the focus on juicy strawberries and smooth cream, with the crepes being the vehicle to elevate them to a whole new level (literally). It's a work of art that looks harder to make than it really is.

Yield: 8 servings

Crepes

Prep Time: 35 minutes

Cook Time: 0 minutes

Total Time: 35 minutes

Ingredients:

Crepes

1/2 cup all-purpose flour

3/4 cup milk

1 egg

1 Tbsp. sugar

1/2 Tbsp. canola oil

Pinch of salt

1. Combine all the crepe ingredients in a bowl. Using an electric blender, beat until mixture is fully combined and there are no lumps.
2. Spray a medium nonstick skillet with nonstick cooking spray. Heat over medium-low heat. Pour 1/4 cup of the crepe mixture into the skillet; lift and rotate the pan so the mixture spreads across the surface of the pan, creating a thin layer. Cook for 2-3 minutes or until it starts to bubble up and brown on the bottom. Flip over and cook an additional minute or until browned on the opposite side. Set the crepe on a plate and repeat the process until all the batter is used.

Strawberry Filling

1/3 cup strawberry jam

2 tsp. orange juice

1/2 quart fresh strawberries

Strawberry Filling

3. In a small bowl, blend together the strawberry jam and orange juice. Set aside. Wash and hull the strawberries. Cut into 1/4 inch pieces and place in a separate bowl, reserving 3 whole strawberries for a garnish on top.

Cream Filling:

1 cup heavy whipping cream

1 tsp. vanilla extract

2 Tbsp. sugar

4 oz. cream cheese,
softened

Cream Filling

4. In a medium bowl, whip together the heavy whipping cream and the vanilla extract until it begins to thicken. Add in the sugar and continue beating until soft peaks form. Add in the cream cheese and beat until smooth and creamy.

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Strawberry Lasagna

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To assemble:

5. Place 1 crepe on a serving platter. Spread 1 tablespoon of the strawberry jam mixture on the crepe, then follow by spreading 1/4 cup of the cream on top of the jam. Arrange 1/3 cup of the strawberries on the cream filling. Continue layering in the same way, ending with a crepe on top with the browned side facing up.
6. Center 3 whole strawberries on top.
7. Using a piping bag or zip top bag with a cut corner, pipe remaining cream filling around the edge of the stack, on top and bottom. If desired, chill strawberry lasagna before serving. Cut into 8 wedges and serve.



Strawberry Pretzel Salad

By Tawnie Kroll

We're taking a classic Strawberry Pretzel Salad and changing things up a bit. You'll agree that it tastes even better this way.

Thinking of making a salad for your next gathering? Change things up by ditching the greens and make this Strawberry Pretzel Salad. They say no good love story ever started with a salad...however, I bet they never had a Strawberry Pretzel Salad.

This classic dessert can be made just about any time of year and the sweet and salty combination is a flavor people simply can't resist. Serve it alongside the classic Strawberry Shortcake or, dare we say, in place of it.

As a dietitian, I'm always finding ways to add nutrition to recipes – even desserts. For this recipe, I added walnuts into the pretzel crust for a boost of omega-3s and a boost of protein. They also add a nice nutty flavor.

Speaking of protein, I also included collagen peptides into the Cool Whip layer. The collagen

Strawberry Pretzel Salad

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is tasteless, but still provides additional protein as you enjoy a classic dessert. If you're wondering what collagen peptides are, they are bioactive peptides, which are made by breaking down strands of collagen, which is said to be good for hair, skin and tendons, and you can find them in many natural food stores. If you don't have them though, you can totally leave them out.

So what's with the name? We wondered why the heck it's even called a Strawberry Pretzel Salad instead of simply Strawberry Pretzel Dessert and did a bit of research. The recipe is said to have originated in a 1960s cookbook called *The Joys of Jell-O*.

From there, it took off and became an iconic Southern tradition. I've seen this recipe made with brown sugar added into the crust, and even with raspberry gelatin instead of strawberry. Get creative with it and have fun. I hope you enjoy the healthy twists on this classic family favorite dessert.

Strawberry Pretzel Salad

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Yield: 4 servings

Prep Time: 1 hour

Cook Time: 5 minutes

Total Time: 3-4 hours

Ingredients:

Pretzel Crust

3 cups pretzels
1 cup roughly chopped walnuts
6 Tbsp. unsalted butter, melted
1 Tbsp. sugar

Cool Whip Layer

8 oz. cream cheese, softened
1 cup white granulated sugar
1 scoop collagen (optional)
1 tsp. vanilla extract
8 oz. Cool Whip, divided

Jell-O Layer:

6 oz. strawberry gelatin
2 cups boiling water
1 and 1/2 cups cold filtered water
1 and 1/2 cup thinly sliced fresh strawberries

1. Directions: Preheat oven to 350°F.
2. Make the pretzel crust by placing the pretzels and walnuts in a food processor. Mix on high until crumbly. Then add in melted butter and sugar. Mix until combined. Press this mixture firmly into either individual oven-safe glass dishes, or a 9x13 in. pan. Bake for 6 minutes. Remove and let cool.
3. In a standing mixer, beat the cream cheese with the sugar, collagen and vanilla. Mix well. Fold in 4 ounces of the Cool Whip. With a pastry bag, layer this on top of the pretzels. Place in fridge while you prepare Jell-O.
4. Empty gelatin into a large bowl. Add in boiling water and stir for 1-2 minutes, or until it has dissolved. Then add in filtered water and strawberries. Stir. Place in fridge for 30 minutes. Remove and spoon this mixture on top of the Cool Whip layer. Put back in fridge for 2-4 hours, or until Jell-O has set up. Enjoy with remaining 4 ounces of Cool Whip on top and additional crushed pretzels.



Strawberry Crisp

By Georgina Walker

You don't have to wait for autumn for your favorite fruit crisp. Celebrate summer with a delicious Strawberry Crisp.

Strawberry Crisp is a light, flavorful spring dessert that's perfect for your next dinner party or a weeknight treat. Topped with a crunchy, golden rolled oat topping with a sweet and juicy strawberry base, it will be your new favorite for parties this summer.

I'm a huge fruit crisp fan. In fact, my mother's apple crisp is one of my favorite desserts to make for my friends. I love jazzing up my recipes though, and with strawberry season in full swing, what better time to make Strawberry Crisp?

Strawberry Crisp shows just how easy home cooking can be, and that simple recipes don't have to be boring when you add small ingredient change-ups (like in our Strawberry Pretzel Salad). In this case, I'm adding almonds to a traditional rolled oats, flour, sugar and butter topping.

Strawberry Crisp

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To prepare this recipe, mix the crisp topping ingredients together, slice your strawberries and layer the two together. Bake then serve with vanilla ice cream. It's so quick and easy, you'll make it again and again.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

3 cups sliced strawberries

2 Tbsp. granulated white
sugar

1 cup all-purpose flour

1/2 cup rolled oats

1/2 cup chopped almonds

1/2 cup brown sugar

3 Tbsp. butter

1. Preheat oven to 350°F.
2. Mix sliced strawberries with granulated sugar.
3. Combine flour, oats, almonds and brown sugar. Add butter to flour mixture. Use hands to gently massage the flour mixture until the butter starts to just combine creating buttery chunks. You want a relatively chunky mixture.
4. Spread strawberries in an 8"x8" square ovenproof dish. Carefully spoon crisp mixture over top until evenly covered. Place dish on an ovenproof tray and bake in oven for 20 to 30 minutes until golden brown and crispy on top.



The Best Strawberry Pie Ever!

By Jamie Silva

Everyone declares it's the best Strawberry Pie ever and we know your family will agree. Just don't tell anyone how easy it is to make!

Have you ever wanted to make a pie at home but felt intimidated by all the work? What if it comes out all wrong? Well, I'm here to tell you YOU CAN DO IT!

There are a lot of strawberry pie recipes out there but I'll proudly claim that this is the best strawberry pie recipe ever made. Here's why.

This recipe is foolproof. Not only does it come together fairly easy, it also tastes truly scrumptious. Not too sweet, not too tart, it's just right. Plus, it's also the perfect texture.

Lastly, a lot of recipes say to use gelatin and I'm personally not a fan of that. Strawberries stuck in gelatin jail is not my idea of the best strawberry pie ever. I'll keep my strawberries in gelatin for recipes like Strawberry Pretzel Salad. I prefer strawberries that are bright red, fresh, ripe and overflowing off the sides of the slice in a deliciously thick glaze. YUM!

Strawberry Pie

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Oh, also... PRO TIP: Keep the pie crust from getting soggy from the strawberries by adding a tablespoon of butter to the strawberry mixture. Works like a charm.

Are you ready to make the simplest and best strawberry pie you've ever made at home? Promise you'll LOVE it.

Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

1 (9-inch) store-bought pie
pastry crust or your favorite
pie crust recipe
4 cups sliced fresh
strawberries
3/4 cup sugar
1/2 cup water
2 Tbsp. cornstarch
1 Tbsp. unsalted butter
Whipped cream and more
fresh strawberries for
garnish and serving

1. Preheat oven to 400°F. Bake pie crust for 8-10 minutes. Let cool.
2. In a saucepan combine strawberries and sugar. In a bowl, whisk together water and cornstarch until smooth and add it to the saucepan. Bring to a boil over medium-high heat stirring constantly. Add butter and continue to cook and stir until thickened. Remove from the heat and let cool slightly.
3. Arrange strawberries from mixture on the pie crust then pour the rest on top into the pie crust. Chill for 2 hours or more. Garnish with fresh strawberries and whipped cream.



Strawberry Icebox Cake

By Jamie Silva

Who says you have to bake desserts in the summer? This Strawberry Icebox Cake is just what you need for a hot summer day dessert.

I've been making Strawberry Pie for a long time, but honestly, I just recently found out about icebox cakes. I wasn't one of the lucky kids to have them growing up so I had no idea they were even a thing. Layers of graham crackers, whipped cream and fresh fruit? Sign me up!

Not only are they completely versatile, they look like you've been working hard in the kitchen. Icebox cakes also taste AMAZING. This very simple dessert has very simple ingredients. There's nothing fancy about it and that's the best part. You can make an icebox cake with any flavor combination and can even use wafers instead of graham crackers.

All you need is 3 ingredients. Start by spreading whipped cream in a baking dish. Next, add a layer of graham crackers, then another layer of whipped cream and then fresh sliced strawberries. Repeat layering in that order until you get to the very top of the baking dish.

Strawberry Icebox Cake

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Cover with plastic wrap and place in the fridge.

The whipped cream and strawberries soften the graham cracker (not soggy soft) and it has such a great texture. You get the nutty taste of graham crackers mixed with rich and creamy whipped cream and fresh juicy strawberries. THE BEST!

This is your chance to impress your friends and family without ever turning on the oven. Do we even need to ask if you're in?

Yield: 8-10 servings

Prep Time: 10 minutes

Cook Time: 3 hours

Total Time: 3 hours and 10 minutes

Ingredients:

2 cups store-bought or
homemade whipped
cream

4 cups sliced fresh
strawberries plus more for
garnish

1 (14.4 oz.) box graham
crackers

1. In a 9x13 baking dish, spread a dollop of whipped cream in the bottom of the dish then add a layer of graham crackers, using halves and quarters to fill in empty spots.
2. Spread a layer of whipped cream over the graham cracker layer then add a layer of sliced strawberries on top.
3. Top with a second layer of graham crackers, filling in any empty spots, then add a layer of whipped cream and another of sliced strawberries. Add a third layer of graham crackers then whipped cream and then sliced strawberries. Finally, add one last layer of graham crackers then whipped cream then sliced strawberries.
4. Loosely cover the baking dish with plastic wrap and chill until set, approximately 3 hours or more. Cut and serve. Leftovers should stay fresh in the fridge for up to 3 days.



Strawberry Fluff

By Ellie O'Brien

Strawberry Fluff might sound like a sandwich spread but it's one of the best dessert salads you can put on the picnic table.

If you've spent any time in northern Minnesota, you've likely experienced Tater Tot Hot Dish and Spam. But have you tried Snickers and Apple Salad? Snickers in a salad! Ha! Yes, Minnesotans truly believe that if it contains any fruit – whether or not Snickers bars are the main ingredient – it's a salad.

The same feeling applies here with Strawberry Fluff. Strawberry Fluff is perfect on a summer day because it doesn't require baking (just like Strawberry Pretzel Salad and Strawberry Icebox Cake). It's a mix of strawberry Jell-O, vanilla pudding, Cool Whip, marshmallows and strawberries. It's a creamy and delicious dessert (or salad) the whole family will love.

What's the key to getting the fluff extra creamy and extra fluffy? First, make the Jell-O and pudding as one. Allow it to set before beating until thick and creamy. Then, fold in the Cool Whip, marshmallows and strawberries. Who knew you could make salad without any greens? Minnesotans knew!

Strawberry Fluff

Continued from previous page

Yield: 10 servings

Prep Time: 10 minutes

Cook Time: 7 hours

Total Time: 7 hours and
10 minutes

Ingredients:

1 (4.6 oz.) package Cook and

Serve vanilla pudding

1 (6 oz.) package strawberry

Jell-O

2 cups water

1 (16 oz.) Cool Whip

2 cups chopped strawberries

1/2 bag mini marshmallows

1. Mix together pudding, Jell-O and water in a saucepan. Cook over medium heat while stirring until it boils. Remove from heat and pour into a large mixing bowl. Cover with plastic wrap. Refrigerate until mixture has thickened, approximately 6 hours.
2. Remove from refrigerator and beat until creamy. Fold in Cool Whip, strawberries and marshmallows. Chill for an hour before serving.



Strawberry Jam

By Brittany Poulson

There's nothing like the satisfaction of slathering a layer of Homemade Strawberry Jam on a piece of buttered bread and taking a bite.

Everyone loves a classic recipe. It never gets old and you can trust it to be there for you again and again. That's exactly what this strawberry jam recipe is: a classic. Who can argue strawberry jam doesn't go great with peanut butter on bread? Or how about slathered on a crisp piece of toast? I certainly can't.

This classic strawberry jam recipe has only 4 ingredients and is made using water bath canning. There are several steps in the process, but all are fairly simple. To start, you need to gather all of your canning equipment. You'll need:

- + Mason jars
- + Lids
- + Screw bands

Strawberry Jam

Continued from previous page

- + 2 large pots
- + 1 medium pot
- + Wide mouth funnel
- + Jar lifter
- + Bubble popper or small rubber spatula

You can buy a basic canning essentials set for relatively cheap.

Once you've gathered all your canning equipment it's time to start making some strawberry jam. Make sure all your jars, lids and bands are clean by washing them in hot, soapy water. Place the jars in a large pot filled with heated water. Place the lids in a separate pot filled with simmering water. Dry the bands and set them aside.

If you have a canning pot, go ahead and use it. If you're like me and don't have one, simply use any large pot you have. Just make sure it's about 3 inches taller than the jars you're using to ensure they'll be fully covered with water during the canning process.

You also need to figure in some extra space because you need to put something between the bottom of the pan and your jars. I placed a small rack on the bottom of my pot so the jars wouldn't sit directly on the bottom and would be heated evenly from all sides but some people fold up a tea towel and put that in the bottom of the pan. While your jars and lids are getting hot, make your jam.

First, you'll need to crush your strawberries. There are two methods you can choose between to crush/puree your strawberries, depending on your texture preference. If you like some chunks of strawberries in your jam, place the strawberries in a flat-bottomed bowl or baking dish and mash them with a potato masher. If you prefer a smoother consistency of jam without chunks, place all the strawberries in a blender or food processor and puree them. Either way, you'll end up with crushed strawberries ready for a jam session! (I couldn't resist that food pun).

Transfer the strawberries to a large pot and start cooking. Add in the lemon juice, followed by the pectin, whisking until dissolved.

Next, stir in the sugar and bring to a rolling boil. Continue stirring for 1 minute while boiling, then remove from heat. You'll notice the jam has turned a deeper red color. Now you're ready to start canning.

Using a jar lifter, lift a hot jar out of the pot, drain the water and place on a towel or rack on top of the counter. Be sure not to place the hot jar directly on the countertop to prevent

Strawberry Jam

Continued from previous page

thermal shock and a big mess of broken glass.

Fill the jars. Place a wide mouth funnel in the jar and ladle the jam in, leaving 1/2 inch headspace at the top of the jar.

Remove air bubbles. Use a spoon or flat spatula and gently run it down the inside of the jar to remove any air bubbles in the jam.

Clean the rim. Wipe the rim of the jar with a damp rag or paper towel to remove any stickiness or jam that may impede a proper seal.

Add a seal and ring. Retrieve a hot lid from the water (I used a magnetic lid lifter) and place on the jar then screw on a screw band until just tightened. Do not tighten the band too much; the canning process requires some air to properly seal. Place the jar back into the pot and repeat until all the jars are filled and sitting happy in their hot water bath.

Put the lid on the pot and bring to a boil. Once it reaches a boil, start a timer for 10 minutes, continuing a steady boil the whole time. After processing, turn off the heat and remove the lid and allow to cool for 5 minutes. Finish by removing all the jars from the pot and placing on a clean towel or rack on the countertop. Do not tilt the jars or wipe the water from the lids. You don't want to risk agitating the lid and preventing sealing. A proper seal is essential to prevent spoilage during storage. Leave undisturbed on the counter for 12 to 24 hours.

After 12 to 24 hours, check on your jam to see if the lids have sealed. Remove the screw bands and check the lids for a good seal by making sure the center of each is indented – do not push down on the center as you may force a seal but not realize it. If the center is pulled down and does not pop up, the lid is sealed. You can also check by slightly trying to pull the edge of the lid up (do not pull all the way). If it resists being pulled, the seal is set.

Congratulations, you just made a batch of classic strawberry jam! Give yourself a pat on the back and grab some bread and peanut butter out of the pantry. A moment as great as this must be celebrated.

Strawberry Jam

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Prep Time: 10 minutes

Cook Time: 15 minutes +
canning time

Total Time: 1 hour + 15
minutes

Ingredients:

7 cups whole strawberries
3 and 1/2 Tbsp. lemon juice
5 Tbsp. powdered fruit pectin
6 and 1/2 cups sugar

1. Wash seven half-pint jars, lids and screw bands with hot soapy water. Dry screw bands, and set aside. Place jars in a large pot and cover with water. Bring to a simmer. Put lids in a separate medium pot of hot water. Leave jars and lids in water until ready to fill.
2. Wash and hull strawberries and place in a flat-bottomed bowl or baking dish. Mash strawberries using a potato masher until they have reached your desired consistency. Alternately, you may puree the strawberries in a blender for a finer consistency. Transfer crushed/pureed strawberries to a large saucepan.
3. Add lemon juice to strawberries. Whisk in the fruit pectin until dissolved. Over high heat, stirring frequently, bring to a rolling boil. Stir in sugar and, stirring constantly, return to a full rolling boil. Continue rolling boil, stirring constantly, for 1 minute. Remove from heat and skim off any foam from the top*.
4. One at a time, lift a jar out of hot water, draining water back into pot. Place on tray or dry towel. Ladle hot jam into hot jar using a wide-mouth funnel, leaving 1/2-inch headspace at the top. Run a rubber spatula or chopstick (do not use metallic utensil) between the jam and the wall of the jar to release any trapped air bubbles.
5. Wipe jar rim and threads with a clean, damp cloth. Carefully remove lid from hot water. Place lid on jar and screw band down evenly and firmly, until just tight (do not over-tighten). Return jar to pot and repeat until all jam is used.
6. Make sure there is at least 1 inch of water covering the top of the jars. If there isn't, add more hot water. Place lid on pot. Over high heat, bring water to a rolling boil. After reaching a rolling boil, start timer. Process jars for 10 minutes at a steady rolling boil (if you are at an altitude above 6,000 feet process for 5 minutes longer).

Strawberry Jam

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7. Turn off heat and remove lid from pot. Allow to cool for 5 minutes, then carefully remove jars without tilting them and set upright on a dry towel, cooling rack or wooden cutting board (do not place directly on counter top to prevent thermal shock). Do not retighten bands or dry lids. Let jars sit undisturbed to cool and seal for 12 to 24 hours.
8. After 12 to 24 hours, remove the screw bands and check the lids for a good seal by pressing down on center of each. If center is pulled down and does not pop when pressed down, the lid is sealed. You can also check by slightly trying to pull the edge of the lid up (do not pull all the way). If it resists being pulled, the seal is set. Rinse the screw bands and wipe lid and jar surface with a clean, damp cloth to remove any food debris or If desired, you can loosely reapply dry screw bands back on. Label and date lids. Store jars in a cool, dry, dark place. For best quality, use within 1 year.

TIP: To prevent jam from foaming you can add 1/2 teaspoon butter to jam mixture before cooking.



Strawberry Freezer Jam

By Brittany Poulson

Strawberry Freezer Jam is super easy to make and hands down, it's the easiest way to make strawberry jam.

I grew up eating strawberry freezer jam. My mom made a huge batch every spring that would last us through the winter. Just thinking of it brings back fond memories. Sadly, I haven't carried on this tradition with my own family like I hoped I would – I kept expecting my mom to make a big batch every spring so I could snatch a few jars to keep at my house.

But I finally decided it's time I started making my own. This Strawberry Freezer Jam is really simple to make (no cooking or canning involved like with Homemade Strawberry Jam) and has just 4 ingredients. With only 10 minutes of prep, you can have a batch of strawberry freezer jam in the freezer.

Strawberry Freezer Jam

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Step 1: Start by combining the sugar and pectin in a large bowl.



Step 2: Next, hull and mash your strawberries. I chose to puree mine using a blender for smoother consistency. If you prefer a chunkier jam, place the strawberries in a flat-bottomed bowl or baking dish and mash them with a potato masher. Stir in some lemon juice.



Step 3: Then add the strawberries to the sugar/pectin mixture.



Step 4: Stir the jam for 3 minutes to ensure the sugar and pectin are completely dissolved and distributed evenly throughout the mixture.



Step 5: Then pour the jam into clean containers. You can use any freezer safe container you wish. I chose mason jars but plastic freezer containers work really well too.

That's it. You're done. Seal the jars and then store in the fridge for 3 weeks or place in the freezer for up to 1 year. If I'd known making freezer strawberry jam was this easy, I would have started making it years ago. Now I can carry on the tradition my mom started with my own family. So whether you want to start a strawberry freezer jam tradition in your family or simply have a stock of ready-to-use strawberry jam in your freezer, this recipe is sure to hit the mark.



Strawberry Jam vs. Strawberry Freezer Jam

By Brittany Poulson

There are two delicious ways to make classic homemade strawberry jam – you can make it and can it or you can make Strawberry Freezer Jam. We’re laying it all out so you can decide which works for you.

If you’re thinking about making strawberry jam, you’ve also probably searched and seen there are several ways to make it. The two main ways to make strawberry jam are cooked jam that is canned in a hot water bath like our Homemade Strawberry Jam (that’s the one on the right above), and our Strawberry Freezer Jam (on the left) that requires little to no cooking and that is preserved in the freezer rather than using a hot water canning process.

Now that we’ve shared the different preparation methods, you need to figure out which one works best for you. Let’s break down the pros and cons of each one.

Strawberry Jams Compared

Continued from previous page

HOME CANNED STRAWBERRY JAM

Strawberry Jam Pros:

- + More jam-like (sets up better than freezer jam)
- + Smoother consistency (no grittiness from undissolved sugar/pectin)
- + Shelf-stable, taking less room in your freezer

Strawberry Jam Cons:

- + Multiple step process to make
- + End color is darker than actual color of fruit
- + Requires more sugar than freezer jam
- + Have to be careful to make sure the jars/lids seal properly

STRAWBERRY FREEZER JAM

Strawberry Freezer Jam Pros:

- + Easy to make
- + Little or no cooking required, depending on the recipe
- + Retains bright color of the fruit
- + Doesn't require as much sugar as canned jam (sugar is used more as a sweetener, rather than a preservative)
- + Can put in any freezer-friendly container
- + More natural fruit taste

Strawberry Freezer Jam Cons:

- + Takes up precious freezer space
- + More of a thinner, sauce-like consistency than an actual jam
- + If using a no cook recipe, the sugar and pectin might not fully dissolve causing a slightly gritty consistency

The method you choose depends on: how much space you have in your kitchen, the time and energy you want to put into your jam-making session, the consistency and taste of the final product you prefer and how you want to store your strawberry jam.

I like both types of jam for different reasons and can't say one is necessarily better than the other. We use and love both in our house. The canned/cooked strawberry jam is perfect for sandwiches and toast, while the freezer strawberry jam also works great as a spread in crepes or as a topping for vanilla ice cream. Either way, it's strawberry jam and you can't go wrong!



Strawberry Ice Cream

By Ellie O'Brien

Freshly churned homemade Strawberry Ice Cream is sure to hit the spot on hot summer days. Just ask your family.

The rumors are true. Homemade ice cream is way better than store bought. And while making ice cream at home might seem scary, I can assure you it's not. In fact, with the right tool, homemade strawberry ice cream is a breeze – a creamy, dreamy breeze that goes perfectly with Strawberry Crisp or Strawberry Pie à la mode. After just one taste, you'll never buy strawberry ice cream from the store again.

The key to getting the ice cream creamy is a mixture of heavy whipping cream and half and half. Together, these create a luscious and creamy texture that is complemented by chunks of strawberries in every bite. The only thing that could possibly make this better is also making vanilla and chocolate ice cream for homemade Neapolitan ice cream.

Strawberry Ice Cream

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This is a churned ice cream, which means you will need an ice cream maker. And if you don't have one, I highly recommend you invest in one. You won't be disappointed.

Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 0 minutes

Total Time: 3 hours and 30 minutes

Ingredients:

1 and 1/2 cups hulled and
diced strawberries

1/2 cup granulated sugar

1 tsp. lemon juice

1 cup heavy whipping cream

1/2 cup half and half

1 tsp. vanilla extract

1. In a large bowl, mix strawberries, sugar and lemon juice. Allow to sit until the strawberries have released their juices, about 15 minutes.
2. Mash the mixture with a potato masher, fork or pastry cutter until there are no longer any large strawberry pieces (if you prefer a smooth ice cream, use a blender or food processor instead).
3. To the strawberries, add heavy cream, half and half, and vanilla extract. Stir just until combined. Pour the mixture into your ice cream maker, and follow your manufacturer's instructions (mine took about 15-20 minutes to churn).
4. Freeze it in an airtight container for 3-4 hours to thicken it up slightly. For best results, allow the ice cream to sit 5-10 minutes to soften before scooping and serving.



Strawberry Milkshakes

By Allie McDonald

There's nothing like scooting your chair up to the counter at an old fashioned diner and ordering a thick creamy Strawberry Milkshake...except making one at home.

One day while we were sitting at the diner sipping our milkshakes, we wondered how they get so creamy and decided to do some research so we could make them at home. Well, we've done the research and we found the perfect way to make your own restaurant-style, thick strawberry milkshake right in the comfort of your own home. Aren't we awesome?

The secret is to use a little bit of strawberry syrup to really bring out that strawberry flavor, and to use a combination of milk and heavy whipping cream with vanilla ice cream. If you really want to amp up that strawberry flavor you can swap out vanilla ice cream for some Homemade Strawberry Ice Cream. (Oh yeah!)

Strawberry Milkshakes

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Now that we've done the research and have the proper ratios down to a science, it's time to share so you can enjoy them at home. I bet the kids will love being surprised with them after a long day of school. Or, even better, how about throwing an old timey burger joint-style party with burgers and milkshakes? Check out our [Vegetarian Burger Recipes](#) and don't forget to invite us.

Yield: 2 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Add the strawberries, ice cream, milk, heavy whipping cream, strawberry syrup and vanilla into a blender.

Process until smooth and creamy. You may have to scrape down the sides a few times.

Divide between two glasses and top with whipped cream!

Ingredients:

2 and 1/2 cups whole frozen strawberries

6 scoops vanilla ice cream (about 3 cups)

1/2 cup milk (we used 2%)

1/2 cup heavy whipping cream

1/4 cup strawberry syrup

1 tsp. vanilla

2 Tbsp. whipped cream



Strawberry Banana Smoothie

By Allie McDonald

Whip up these tasty Strawberry Banana Smoothies for a breakfast treat your family will love.

Is there any combo more classic than a strawberry banana smoothie? It almost rivals peanut butter and jelly. I use to struggle with getting the perfect consistency with my smoothies. Now that I've finally found the right ratios for the perfect smoothie consistency – not too thick and not too thin, just like in these homemade Strawberry Milkshakes – I had to share it with you.

We use frozen strawberries and bananas to get the right thickness, and Greek yogurt to not only add to the thickness but to add a little extra protein. Then we add some chia seeds to boost the fiber content and just a touch of honey to add a warm sweetness. We think you'll love our twist on this classic combo as much as we do!

Strawberry Banana Smoothies

Continued from previous page

Yield: 1 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

1. Put strawberries, bananas, milk, yogurt, honey and chia seeds into a blender.
2. Process until smooth. You may need to scrape the sides down to make sure everything is incorporated.
3. Pour into a glass and enjoy!

Ingredients:

1 and 1/2 cups whole frozen strawberries
1 frozen banana
3/4 cup nonfat milk
1/2 cup plain, nonfat Greek yogurt
1 Tbsp. honey
1 Tbsp. chia seeds



Strawberry Pop Tarts

By Ellie O'Brien

Strawberry Pop Tarts are a childhood favorite for so many and you won't believe how easy they are to make.

Does looking at the ingredients list on a Pop Tart box make you cringe? There's good news. You no longer need to buy those polydextrose (what is that?!) filled pastries from the grocery store. You can make your own. And it's EASY. You're welcome.

The key to these simple homemade strawberry pop tarts is premade pie dough and store-bought jam. If you really want to overachieve, you could make your dough and jam (you'll want to use this recipe for our Homemade Strawberry Jam), but there's no need. With a simple roll of the pie dough, a dollop of jam and an egg wash, you're on your way to eating the best Strawberry Pop Tart of your life!

But what is a pop tart without frosting? Heavy cream and powdered sugar give these pop tarts a sugary glaze. And don't forget the kids' favorite sprinkles.

Strawberry Pop Tarts

Continued from previous page

Yield: 8 servings

Prep Time: 30 minutes

Cook Time: 15 minutes

Total Time: 45 minutes

Ingredients:

1/2 cup plus 1 Tbsp.

strawberry jam, divided

1 Tbsp. cornstarch

1 egg

2 whole pre-made pie crusts

1 cup powdered sugar

1 Tbsp. heavy cream

Sprinkles

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and set aside. In a small bowl, mix 1/2 cup jam with cornstarch. Crack the egg into a second small bowl and whisk.
3. Flour a large work surface and lay one pie crust out on it. Roll out to 11 inches across. Use a knife or pizza cutter to cut the edges off to create a square – this should be 9 inches on each side. Then cut the square into three 3-inch strips. Repeat with second pie crust. Use the scraps that you trimmed off each square to create two more 3-inch by 9-inch strips.
4. Spoon 1-2 tablespoons of jam on one end of each strip. Brush a rectangle of egg around the jam to glue the crust sides together. Fold the dry end over the end with jam. Use a fork to crimp the edges together on all sides. Repeat with remaining pie crust strips. Move the pop tarts to the prepared baking sheet.
5. Bake for 15–18 minutes, until golden. Cool. After the pop tarts have cooled for 5-10 minutes, whisk powdered sugar, 1 tablespoon jam and 1-2 tablespoons cream together to create an icing glaze. Spoon over the top of each pop tart and immediately sprinkle with sugar sprinkles. Let the icing set. Serve warm or at room temperature. Reheat leftovers in the oven or microwave, not in a toaster.



Strawberry Stuffed French Toast

By Tawnie Kroll

Filled with fresh strawberries and the most delicious vanilla bean cream cheese filling, your family will request Strawberry Stuffed French Toast for brunch every weekend.

During the week you probably have your routine of breakfast foods down – oatmeal, eggs and toast, Strawberry Banana Smoothies or a homemade Strawberry Pop Tart and a banana as you rush out the door. But now it's the weekend and it's time to enjoy this satisfying Strawberry Stuffed French Toast with your significant other or a group of girlfriends!

To many, French toast can seem like an exhausting task for breakfast, but in reality it's easy peasy and the clean-up is minimal. You probably have most of the ingredients on hand too.

Want to know the trick to having your French toast cooked through on the inside while still having a nice soft filling? I'll let you in on my secret. It's ALL about the temperature of the butter in your pan and what you have your burner set to.

Strawberry Stuffed French Toast

Continued from previous page

You need to heat your butter at medium/low heat. Not too low, not too high – right under medium. This temperature guarantees a perfect browning on each side of your French toast! Also, be sure to wipe down the pan in between batches to get rid of any butter than may have burned and melt more butter for the new batch.

Now go schedule brunch into your family's weekend or invite some of your girlfriends over.

Yield: 6-8 servings

Prep Time: 25 minutes

Cook Time: 20 minutes

Total Time: 45 minutes

Ingredients:

1 loaf French bread, fresh,
sliced in 1/2 inch thick slices
6 Tbsp. butter (for melting in
pan)

Filling

1 (8 oz.) package cream
cheese, softened
1 cup thinly sliced fresh
strawberries
3/4 cup powdered sugar
1/3 cup plain yogurt
1/2 tsp. vanilla extract
1 tsp. vanilla bean paste

Egg Wash

4 eggs
1/2 cup whole milk
1/2 tsp. ground cinnamon
1/2 tsp. vanilla extract

1. In a stand mixer, beat together all ingredients for the filling. Set aside.
2. In a shallow bowl or container, whisk ingredients together for the egg wash.
3. Taking 2 slices of the French bread, spread up to two tablespoons of the filling on each side, being sure to match up the sides so when you close it like a sandwich the bread slices match up. Place a layer or two of strawberries on one side, and then place the pieces of bread together.
4. Dunk each side into the egg wash, letting any extra egg drip off.
5. In a pan over medium heat, melt two tablespoons butter. Place French toast sandwich in the pan. Be sure to keep an eye on your French toast to prevent it from burning. It will take approximately 2-3 minutes each side. Flip once first side is browned. Cook on second side until browned and filling is heated through.
6. Enjoy with additional strawberries on top, powdered sugar and/or maple syrup.



Copycat Starbucks Pink Drink

By Jamie Silva

Skip the line. We're sharing a copycat Starbucks Pink Drink recipe that will settle your cravings at home.

Did you know that Starbucks has a secret menu? For a long time, a drink called the Pink Drink was on that menu but guess what. The secret's out guys, and it's on the main menu now. Everyone is talking about this "Pink Drink" and we totally see why.

This fruity, refreshing pink drink is similar to the Ombre Pink drink on the summer menu – just without the lime refresher. It's made with acai berry tea, coconut milk, fresh strawberries and a touch of honey, making it the perfect drink for spring and summer.

How delicious does that sound?! Best part about it? Now you can totally make it at home. It's the ideal pick-me-up for that afternoon slump when you just need an energy boost to make it through the rest of the day and aren't feeling a Strawberry Milkshake.

Copypat Starbucks Pink Drink

Continued from previous page

This recipe is made without artificial flavors or ingredients and is just so delicious, you'll think it's the real thing. So put your barista hat on 'cause this easy-to-make Pink Drink is coming right up.

Yield: 2 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Ingredients:

4 bags acai berry green tea

1/2 cup boiling hot water

2 Tbsp. honey or agave
nectar

Ice cubes

Fresh sliced strawberries

2 cups unsweetened coconut
milk

1. In two tall glasses, add 2 tea bags in each and fill each glass with 1/4 cup boiling water. Steep for about 5 minutes. Remove tea bags.
2. Add one tablespoon of sweetener into each glass. Stir to combine. Add a handful of strawberries and ice cubes into each glass.
3. Add 1 cup of coconut milk into each glass. Stir to combine and garnish with more strawberries.

Strawberry Simple Syrup

By Emily Dingmann

Once you try Strawberry Simple Syrup you'll want to use it in everything. It's so delicious and easy to make.

We all know Simple Syrup is the key to mixing sweetener into our favorite cold beverages like [lemonade](#) and [my favorite Margarita recipe](#), but what if we changed it up a bit and made a Strawberry Simple Syrup? Yes, we're going there (and you will too once you see how easy it is to make).

Strawberry Simple Syrup adds just one more step to our [Simple Syrup](#) recipe and a whole new level of flavor to pretty much every summery drink out there. Just you wait 'til you taste a Strawberry Green Tea over ice or Strawberry Mojitos.

To make Strawberry Simple Syrup, we combine sugar, water and fresh strawberries and cook them together. It only takes about 15 minutes to make. Plus, you can use it in many ways. It's a great addition to tea or cocktails, but you can also thicken it up a bit and use it as a syrup for pancakes or ice cream!

Now gather those ingredients and let's get to work. Cocktail hour is calling your name.



Strawberry Simple Syrup

Continued from previous page

Yield: 2 cups

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients:

1 lb. strawberries

1 cup sugar

1 cup water

1. Wash strawberries, remove stems and slice. Combine sugar and water in saucepan and bring to a boil. Lower heat and stir occasionally. When sugar has dissolved, add strawberries and cook for another 10 minutes, stirring occasionally.
2. Strain out strawberries and pour into glass jar. Store in refrigerator for up to two weeks!
3. If using this simple syrup in cocktail recipes, it may not translate 1:1 for plain simple syrup as the strawberries add more liquid and water it down. Adjust accordingly.



Strawberry Green Tea

By Emily Dingmann

Nothing says summer like sipping on a refreshing glass of Strawberry Green Tea.

Strawberry Green Tea is a flavorful, sweet drink – perfect for afternoon sipping on the porch. My easy Strawberry Simple Syrup adds real strawberry flavor (nothing fake or artificial here!) that shines with ripe strawberries at their peak of juiciness.

We think that the light strawberry flavor pairs perfectly with a more delicate green tea, but you can also use a black tea if you prefer it. Simply brew your favorite green tea on the strong side, add a bit of the strawberry simple syrup and pour over lots of ice.

Strawberry Green Tea

Continued from previous page

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Ingredients:

8 green tea bags

6 cups boiled water

1/2 cup Strawberry Simple
Syrup

1. Steep green tea in freshly boiled water (let it stop boiling before you pour over tea bags) for about 3 minutes. Stir in simple syrup and chill. Pour over ice cubes.



Strawberry Mojitos

By Emily Dingmann

Ahhhhh, mojitos. What's not to love? Lime, mint, a bit of sparkle. We're kicking it up with Strawberry Mojitos.

Mojitos have been considered the official drink of summer for quite some time – the 16th century to be exact. In addition to its historic Cuban roots, the mojito is routinely touted as one of Ernest Hemingway's favorite drinks. It's debatable, but we wouldn't doubt it.

And now we're giving the classic mojito our own twist with Strawberry Simple Syrup. A strawberry mojito may sound really involved, but it's quite simple to make. The simple syrup lends a subtle sweetness and lots of fresh strawberry flavor to the cocktail.

Gently muddle the mint (there is no need to shred the mint, it just needs to be lightly bruised to release the oils) and then shake with fresh lime juice, strawberry simple syrup, white rum and ice. Stir in the soda water at the end (we learned this the hard way – do NOT shake the soda water!) and garnish with some fresh mint. Sip. Repeat. Ahhhh, Strawberry Mojitos.

Strawberry Mojitos

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Yield: 1 serving

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

6-8 mint leaves

1 oz. fresh lime juice

1 and 1/4 oz. Strawberry

Simple Syrup

2 oz. white rum

1 oz. soda water

Mint leaves for garnish

1. In a cocktail shaker, muddle mint leaves. Add lime juice, simple syrup, rum and 3-4 ice cubes. Shake for about 15-20 seconds and stir in soda water. Pour into a highball filled with ice. Garnish with mint leaves.



Homemade Strawberry Daiquiris

By Emliy Dingmann

This isn't your average New Orleans machine-mixed strawberry daiquiri made with artificial strawberry flavor and red dye, but it's just as easy.

If you've ever walked Bourbon Street in New Orleans, you know just the machines I'm talking about. We don't need one of those machines, nor the fake ingredients inside them. The frozen Strawberry Daiquiri we're making is full of flavor from fresh lime juice, frozen strawberries, a touch of sugar, a bit of rum (obviously!) and the secret – a pinch of salt to really bring out the flavor of the strawberries.

The trick to a good frozen cocktail is to make sure you don't water down the drink too much, hence the use of frozen strawberries. Ideally, you'll make the lime juice and rum mixture ahead of time so you can chill it, too. But don't stress if you can't chill ahead of time. It'll be fine.

This recipe is a great guide, but ultimately you'll need to try out the daiquiri for yourself and

Strawberry Daiquiris

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decide if you need a little more lime juice or sugar. Just like wines and other spirits, the flavor of rum varies, so some rums might be better suited to a little more sugar, some a little more lime. Check out [our guide to making perfect Margaritas](#) to see how you can go about adjusting a cocktail to your own liking. It's a hard job testing cocktail recipes, but we're confident that you're up for the challenge. Cheers!

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Ingredients:

2 cups frozen strawberries

6 oz. light rum

6 oz. fresh lime juice

4 Tbsp. white sugar

Pinch of salt

1. Combine all ingredients in a blender. Blend until smooth, about 15-30 seconds. Divide between 4 cocktail glasses.



The Easiest Chocolate Covered Strawberries Ever!

By Georgina Walker

Chocolate Covered Strawberries are a real crowd-pleaser and the way to go when you need dessert in a hurry.

Whether you're looking for an easy date night dessert, a great transportable dish for a picnic or looking to spoil your significant other, Chocolate Covered Strawberries make an easy dessert. Not only are they tasty, but with these tips and tricks, you're guaranteed to make the perfect little dessert every time.

Aside from Strawberry Crisp, Chocolate Covered Strawberries are one of my favorite desserts. Not only are they easy to make, but I find them to be one of the most diverse desserts you can make by simply changing up the toppings. If you're on the hunt for a quick dessert for a romantic dinner date, a picnic in the park, a baby shower dish, bridal shower or just looking for a quick dessert to whip up for your friends, Chocolate Covered Strawberries are a go-to.



Chocolate Covered Strawberries

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TIPS TO MAKE CHOCOLATE COVERED STRAWBERRIES.

Start with good quality chocolate. Semi-sweet baking chocolate chips work just fine for this recipe, but regular or white chocolate can be used interchangeably depending on your tastes.

Wash and thoroughly dry your strawberries. After washing, make sure the strawberries are very, very dry. The chocolate won't stick to wet strawberries and you'll end up having a sad, soggy looking dessert. Pat dry strawberries with a paper towel.

Making the perfect chocolate. If you are using a double boiler to melt your chocolate, do not let any water come in contact with the chocolate. Getting the chocolate wet will make it seize or become very thick and you won't have that glossy, melted chocolate you are looking for. An alternative method to the double boiler is to melt the chocolate in the microwave for increments of 30 seconds, stirring after every session. IF you want to go through some extra steps and make your chocolate extra shiny, you can temper it after melting. [Learn how to temper chocolate here.](#) But it's really not as necessary for strawberries as for other things.

Add that perfect shine. Once melted, add a teaspoon of a neutral oil like vegetable oil or grapeseed oil. Coconut oil will be fine, however you will end up with a coconut flavor to your chocolate. Adding a neutral oil like vegetable oil gives your chocolate a beautiful shine.

Don't remove the strawberry stem. In order to fully coat your strawberries, you'll need part of the strawberry to hold onto. Leaving the green stem makes it easier to coat the strawberries, or you can use a skewer to gently poke into the strawberry to hold onto.

Choose your toppings. I love classic chocolate. However, be creative with your toppings. Coconut would go perfectly with a bridal shower theme, as would just a drizzle of white chocolate. Colored sprinkles and finely chopped peanuts are great options and pink or blue sprinkles would be great for a baby shower.

Use a nonstick surface. To avoid your strawberries sticking to the tray, use a non-stick silicone baking mat, or use parchment paper. A surface that can easily peel away means your chocolate won't stick and you'll end up with perfectly coated strawberries.

Storage tips. Chocolate covered strawberries are best eaten shortly after they have been made. They do not store well in the fridge as they gather moisture. If you do need to store them, store them in an airtight container lined with paper towel to soak some of the extra moisture. By following these simple tips and tricks, you'll have no trouble making this delicious, easy and cute dessert!

Chocolate Covered Strawberries

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Yield: 16 servings

Prep Time: 45 minutes

Cook Time: 15 minutes

Total Time: 1 hour

Ingredients:

1 lb. strawberries, stems on

6 oz. chocolate chips

1 tsp. grapeseed oil (or
other neutral oil such as
vegetable oil)

Toppings: melted white
chocolate (melt around 3
oz.), shredded coconut,
finely chopped peanuts,
sprinkles or anything else
you choose.

1. Wash and thoroughly dry strawberries with paper towel.
2. Melt chocolate – place chocolate in a heatproof bowl and set over a pot of hot water that is gently simmering. Melt chocolate, stirring occasionally. Alternative option – place chocolate in a microwave-safe bowl and microwave in increments of 30 seconds, stirring after each time until melted and smooth.
3. Add grapeseed oil to chocolate and stir well to combine.
4. Line a tray with parchment paper or a silicone non-stick mat. Pick up strawberry by the stem and gently dip into the chocolate, coating about half of the strawberry. Dip into desired topping, wait until set and drizzle with melted white chocolate. Repeat with remaining strawberries.
5. Refrigerate 30 minutes until chocolate is set. Serve immediately, or store in an airtight container.

Everything You Ever Wanted to Know About Strawberries

By Kevin Kessler

We're answering your burning questions about strawberries and giving you everything you need to know.

Strawberries are a fun and fascinating fruit. They can be eaten alone, dipped in chocolate, baked into a pie, or dropped into champagne. They're perfect for a summer picnic in dishes like this Strawberry Pretzel Salad or Strawberry Fluff, some comfort food, like a fresh slice of homemade bread with butter and Strawberry Freezer Jam, or the perfect exclamation point on a romantic evening with the easiest Chocolate Covered Strawberries ever. But how much does the average person know about one of the most versatile fruits in existence?

As it turns out, not much. I recently did a little research to find out what people were curious about when it came to strawberries. I found 10 questions that range from informative to fun, and figured it might be a good idea to dive into these questions and answer them all to spread education and awareness about this very special fruit.

HOW MANY CALORIES ARE THERE IN STRAWBERRIES?

The average medium-sized strawberry (about 12g) contains four calories, making it a perfect light snack.

CAN DOGS EAT STRAWBERRIES?

Figuring out what you can and can't feed your dog can be terrifying. (Chocolate can KILL them!?) Well, breathe easy in knowing that strawberries are perfectly safe for man's best friend to enjoy. However, it's important to note that canned strawberries, or strawberries found in a syrup are not good for dogs and can cause issues.

HOW DO YOU PICK STRAWBERRIES?

When I first saw this question, my first response was, "duh, just grab them and pull." Well, apparently I'm a strawberry fool because there is a preferred picking method.

First, grasp the stem between your thumbnail and forefinger and pull, giving a slight twist. You want to break the stem about a half inch from the berry. Then, just allow it to roll into your hand.

Everything About Strawberries

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ARE THERE CARBS IN STRAWBERRIES?

Yup! But not a whole lot. A medium-sized strawberry has 0.9g of carbohydrates. Sorry, keto folks!

CAN STRAWBERRY SHORTCAKE BE FROZEN?

I'm going to assume we mean the food here and not some kind of cryogenic suspension for the beloved cartoon character.

You certainly can freeze strawberry shortcake. In fact, some people freeze their shortcakes for a few days before ever cutting into it! Again...the food not the character. Go ahead, give it a try with our Bisquick Strawberry Shortcake or classic Strawberry Shortcake.

CAN STRAWBERRY LEAVES BE EATEN

Not only can you eat the leaves of a strawberry, but they can help alleviate an upset stomach and treat symptoms of bloating, cramps, nausea and diarrhea. However, I would advise against eating a whole bunch of them. They can place stress on the digestive system when eaten in bulk.

WHICH STRAWBERRY VARIETY IS SWEETEST?

Alpine strawberries are called the lollies of the strawberry world. They're small in size but they pack a super sweet and intense flavor.

HOW IS STRAWBERRY JAM MADE?

It depends. You can make this no-cook Strawberry Freezer Jam or this "cook and can" Homemade Strawberry Jam. The first involves pureeing strawberries and mixing them with sugar and pectin before freezing. The freezer keeps your jam fresh for months. The second version relies on old-school canning methods. You puree your strawberries and combine them with other ingredients and then you use a hot water bath to seal jars of jam. This latter version of strawberry jam keeps for months on your counter, no need to refrigerate (but do make sure you've followed the instructions carefully).

Everything About Strawberries

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HOW DO YOU DRY STRAWBERRIES?

Place your berries curvy-side down on a parchment lined cookie sheet. Space them out so that the air has room to flow through them. Bake them slowly in the oven at 200°F for a full two hours on one side. Then flip them over and bake another two hours.

HOW DO YOU FREEZE STRAWBERRIES?

You can keep strawberries for up to six months if frozen, but there's more to it than just sticking them in the freezer. Check out our handy guide for [How to Freeze Strawberries](#). Tip: Make sure you don't soak them in water for too long, as that will drain the berries of their natural flavor and nutrients.

So, there you have it. Everything you've ever wanted to know about strawberries. What's your favorite way to eat this amazing fruit? Sound off and let us know!

Contributors

Many thanks to our writers for this edition of The Cookful.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Heather McCurdy, editor

» realthekitchenandbeyond.com

Heather McCurdy is an editor and the food and travel blogger behind Real: The Kitchen and Beyond where she encourages readers to savor life around the table and on the road with any budget. She loves fresh produce, dark chocolate, and a good stout. The worst meal she ever ate was liver and onions her dad said would make a great childhood birthday dinner. Heather is also on the editorial team at The Cookful and is a supporting editor for this ebook.



Rebecca Clyde

» nourishnutritionblog.com

Rebecca is the registered dietitian and food blogger behind the scenes at Nourish Nutrition Blog. She loves to eat the rainbow and help others learn to enjoy a wider variety of foods. Although she loves so many different foods, one of her favorites is the good old-fashioned s'more, made with dark chocolate. And when a campfire is just out of reach, she'll use nearly anything to get that roasty goodness, except a scented candle which she learned the gross way.



Emily Dingmann

» myeverydaytable.com

Emily is a nutritionist and mom who wants to help families eat real food! She is the creator of A Nutritionist Eats, where she shares simple and nutritious, family-friendly recipes ready in 30 minutes or less. She drinks coffee in the morning, wine at night, and sometimes a green juice in between.

Contributors

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Sam Ellis

» www.theculinarycompass.com/

Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



Kevin Kessler

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin's foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how its prepared, and what variations on it exist.



Tawnie Kroll

» krollskorner.com

Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidenced based advice to help you improve your health and wellbeing.



Allie McDonald

» missallieskitchen.com

Allie is an avocado obsessed, hot pepper junky with a serious passion for food. When she isn't adding to her cowgirl boot collection, you can find her in the kitchen, with her apron covered in the day's creations. She's the blogger behind Miss Allie's Kitchen, a food blog dedicated to creating whole and healthy recipes to inspire home cooks.

Contributors

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Ellie O'Brien

» hungrybynature.com

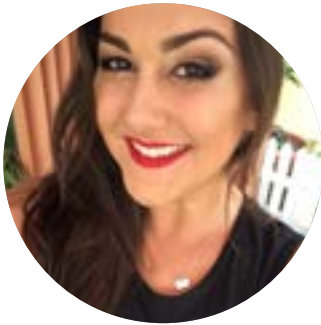
When not working full time as an engineer, you can find Ellie in her kitchen and blogging at Hungry by Nature. Her approach to food is simple – eat healthy, whole, natural foods and always leave room for dessert! While seasonal, healthy foods are a top priority, Ellie has also been known to eat ice cream for dinner. It's all about balance!



Brittany Poulson

» yourchoicenutrition.com

As a self-proclaimed foodie, Brittany loves to cook, bake and of course, eat! This love of food led her to become a registered dietitian and food blogger at Your Choice Nutrition, where she encourages you to live a healthy life in your unique way. For Brittany, this often includes her favorite foods, such as fresh strawberries or a square of dark chocolate!



Jamie Silva

» asassyspoon.com

Jamie is the blogger behind A Sassy Spoon, where she inspires you to celebrate the good things in life – food and travel! She shares accessible recipes ranging from easy everyday dishes, party food, and Cuban-inspired meals, as well as entertaining ideas and fun travel guides. Whether on a road trip or in the kitchen, she's always thinking of her next recipe, next party, or next trip.



Georgina Walker

» thomecookskitchen.com

Georgie is an Australian expat and the creator behind The Home Cook's Kitchen, a blog dedicated to good food and recipes for home entertaining. Georgie is a passionate foodie, with a love for fine wine, cheese and chocolate. She believes there is nothing better than sitting down to a home cooked meal with good friends. When she's not in the kitchen cooking, she's out and about hiking, biking or snowboarding in Oregon with her husband and golden retriever Archie.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-Tos, innovative recipes and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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