



30 Nutrition Packed

# Strawberry Recipes

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# Welcome

When strawberries are in season they are cheap and plentiful. It's hard to resist eating them fresh from the box, but if you have an abundance of strawberries, here are some other tasty ways to use up your haul. In this recipe collection there are smoothies, salads, breakfasts, bakes and sweet treats. Enjoy!

## About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving Vegan. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plans to make life easier for them and give them a bit of extra guidance. Certain things get requested a LOT so I decided to put together a collection of my most popular recipes. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



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# Smoothies

# Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

### No Almond Milk

Use coconut milk or cashew milk instead.

### Smoothie Consistency

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

### More Fiber

Add in some chopped leafy greens like spinach or kale.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	474	<b>Sugar</b>	26g
<b>Fat</b>	20g	<b>Protein</b>	29g
Saturated	1g	<b>Sodium</b>	244mg
Monounsaturated	10g	<b>Calcium</b>	809mg
<b>Carbs</b>	53g	<b>Iron</b>	3mg
Fiber	13g		



# Strawberry Milkshake

6 ingredients · 15 minutes · 3 servings



## Directions

1. Start by making your own almond milk. Place almonds in a high powered blender with water. Add maple syrup. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
2. Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
3. Pour into glasses and enjoy!

## Notes

### Short on Time

Use store-bought almond milk.

### Make it Green

Add spinach.

## Ingredients

- 1 cup Almonds
- 4 cups Water
- 1 tbsp Maple Syrup
- 2 tbsps Hemp Seeds
- 2 tbsps Ground Flax Seed
- 2 cups Frozen Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	405	<b>Sugar</b>	13g
<b>Fat</b>	29g	<b>Protein</b>	14g
Saturated	2g	<b>Sodium</b>	11mg
Monounsaturated	16g	<b>Calcium</b>	202mg
<b>Carbs</b>	30g	<b>Iron</b>	4mg
Fiber	10g		



# Strawberry Banana Smoothie

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Banana

Sweeten with agave, maple syrup or soaked dates instead.

### Storage

Refrigerate in a sealed mason jar up to 48 hours.

### More Protein

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

### More Fibre

Add ground flax seeds.

## Ingredients

**2 cups** Strawberries

**1** Banana

**1/4 cup** Oats (quick or rolled)

**2 cups** Unsweetened Almond Milk

**2 tbsps** Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	221	<b>Sugar</b>	15g
<b>Fat</b>	9g	<b>Protein</b>	7g
Saturated	1g	<b>Sodium</b>	164mg
Monounsaturated	2g	<b>Calcium</b>	489mg
<b>Carbs</b>	33g	<b>Iron</b>	2mg
Fiber	7g		



# Strawberry Tahini Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Oat Milk

Use another dairy-free milk instead.

## Ingredients

- 1 1/2 cups Oat Milk
- 1 cup Frozen Strawberries
- 1/2 Banana (frozen)
- 30 grams Vanilla Protein Powder
- 3 tbsps Hemp Seeds
- 4 leaves Romaine (lettuce washed, torn)
- 1 tsp Tahini

## Nutrition

Amount per serving

<b>Calories</b>	630	<b>Sugar</b>	30g
<b>Fat</b>	26g	<b>Protein</b>	41g
Saturated	3g	<b>Sodium</b>	219mg
Monounsaturated	3g	<b>Calcium</b>	784mg
<b>Carbs</b>	67g	<b>Iron</b>	7mg
Fiber	14g		



# Strawberry Kiwi Tropical Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

### No Chia Seeds

Use ground flax seeds instead.

### No Zucchini

Use frozen cauliflower, spinach or kale instead.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

**1 1/4 cups** Unsweetened Almond Milk

**1 cup** Frozen Strawberries

**1** Kiwi (peeled, chopped)

**1/4 cup** Pineapple (fresh or frozen)

**1/2** Zucchini (chopped)

**1 tbsp** Chia Seeds

**2 tbsps** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	295	<b>Sugar</b>	23g
<b>Fat</b>	8g	<b>Protein</b>	16g
Saturated	0g	<b>Sodium</b>	235mg
Monounsaturated	2g	<b>Calcium</b>	768mg
<b>Carbs</b>	46g	<b>Iron</b>	4mg
Fiber	13g		





# Breakfasts

# Strawberry Tahini Overnight Oats

6 ingredients · 8 hours · 1 serving



## Directions

1. Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### No Coconut Milk

Use another dairy-free milk.

### No Tahini

Use any other nut or seed butter instead.

### Likes it Sweeter

Add a drizzle of maple syrup or other sweetener.

## Ingredients

**1/2 cup** Oats

**3/4 cup** Plain Coconut Milk (from the carton)

**2 tbsps** Chia Seeds

**2 tbsps** Tahini

**1/8 tsp** Cinnamon

**1/2 cup** Strawberries (halved)

## Nutrition

Amount per serving

<b>Calories</b>	535	<b>Sugar</b>	9g
<b>Fat</b>	31g	<b>Protein</b>	15g
Saturated	6g	<b>Sodium</b>	65mg
Monounsaturated	7g	<b>Calcium</b>	636mg
<b>Carbs</b>	55g	<b>Iron</b>	7mg
Fiber	15g		



# Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

### More Protein

Add extra hemp seeds

## Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Canned Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	396	<b>Sugar</b>	8g
<b>Fat</b>	25g	<b>Protein</b>	10g
Saturated	16g	<b>Sodium</b>	27mg
Monounsaturated	1g	<b>Calcium</b>	81mg
<b>Carbs</b>	35g	<b>Iron</b>	3mg
Fiber	6g		



# Strawberries & Cream Oats

6 ingredients · 15 minutes · 2 servings



## Directions

1. Add the almond milk, half of the strawberries, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
2. Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining strawberries and chia seeds, if using, and let it cook for another minute.
3. Serve immediately and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

### Additional Toppings

Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

### No Fresh Strawberries

Use frozen strawberries instead. Cooking time may vary with frozen strawberries.

## Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Strawberries (chopped, divided)
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 cup Oats (rolled)
- 1 tbsp Chia Seeds (optional)

## Nutrition

Amount per serving

<b>Calories</b>	300	<b>Sugar</b>	17g
<b>Fat</b>	8g	<b>Protein</b>	8g
Saturated	0g	<b>Sodium</b>	167mg
Monounsaturated	2g	<b>Calcium</b>	544mg
<b>Carbs</b>	52g	<b>Iron</b>	3mg
Fiber	9g		



# High Protein Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add the oats, water and protein powder to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

### Additional Toppings

Maple syrup, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

### No Sunflower Seed Butter

Use almond butter, tahini, pumpkin seed butter or peanut butter instead.

## Ingredients

- 1/2 cup Oats (quick or rolled)
- 1/2 cup Water
- 30 grams Vanilla Protein Powder
- 1 tbsp Sunflower Seed Butter
- 1 1/2 tsps Hemp Seeds
- 1/4 cup Strawberries (stems removed, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	397	<b>Sugar</b>	4g
<b>Fat</b>	14g	<b>Protein</b>	33g
Saturated	2g	<b>Sodium</b>	53mg
Monounsaturated	7g	<b>Calcium</b>	193mg
<b>Carbs</b>	36g	<b>Iron</b>	3mg
Fiber	7g		



# Lemon & Strawberry Cauliflower Porridge

5 ingredients · 10 minutes · 4 servings



## Directions

1. In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes or longer until your desired consistency is reached.
2. Divide into bowls and top with the strawberries, lemon juice and zest (to taste), and coconut flakes (optional). Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately one cup of cauliflower porridge and 1/2 cup of strawberries.

### More Flavor

Add coconut butter, coconut cream, cinnamon, sea salt, or vanilla extract.

### Additional Toppings

Add almond slices, hemp seeds, or your choice of sweetener.

## Ingredients

**2 cups** Canned Coconut Milk (full fat)

**4 cups** Cauliflower Rice

**2 cups** Strawberries (sliced)

**1/2** Lemon (juiced, zested)

**1/2 cup** Unsweetened Coconut Flakes (optional)

## Nutrition

Amount per serving

<b>Calories</b>	324	<b>Sugar</b>	8g
<b>Fat</b>	28g	<b>Protein</b>	5g
Saturated	26g	<b>Sodium</b>	55mg
Monounsaturated	0g	<b>Calcium</b>	35mg
<b>Carbs</b>	16g	<b>Iron</b>	1mg
Fiber	5g		



# Chocolate Strawberry Overnight Oats

5 ingredients · 8 hours · 2 servings



## Directions

1. Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge. Divide into containers and top with strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

### Nut-Free

Use a nut-free milk such as oat, coconut, dairy, or soy.

### Likes it Sweeter

Use maple syrup to taste.

## Ingredients

- 1 cup Oats (rolled)
- 3 tbsps Cocoa Powder
- 1 1/2 tps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	228	<b>Sugar</b>	4g
<b>Fat</b>	7g	<b>Protein</b>	9g
Saturated	1g	<b>Sodium</b>	105mg
Monounsaturated	2g	<b>Calcium</b>	342mg
<b>Carbs</b>	39g	<b>Iron</b>	4mg
Fiber	10g		



# Millet Porridge with Strawberry Sauce

7 ingredients · 40 minutes · 3 servings



## Directions

1. In a large pot over medium-high heat, combine the almond milk, millet, maple syrup and vanilla. Bring to a gentle boil then reduce the heat to low and cover the pot with a lid. Let it simmer for 30 to 35 minutes, or until the millet is tender and your desired consistency is reached. Be sure to stir occasionally.
2. Meanwhile, in a second pot over medium-low heat, add the strawberries and water. Heat until the strawberries release their juices then simmer for 10 minutes. Remove from heat and stir in the chia seeds. The sauce will thicken as it cools.
3. Divide the porridge between bowls and top with strawberry sauce. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Reheat in the microwave or on the stove with additional almond milk.

### Serving Size

One serving is approximately 1 cup of porridge.

### Nut-Free

Use a nut-free milk instead, like oat milk or rice milk.

### Add Sweetness

Sweeten the strawberry sauce with maple syrup.

### Additional Toppings

Top with additional maple syrup, chopped nuts or fresh berries.

### No Strawberries

Use blueberries or raspberries instead.

## Ingredients

- 3 cups Unsweetened Almond Milk
- 1/2 cup Millet (uncooked)
- 2 tbsps Maple Syrup
- 2 tpsps Vanilla Extract
- 2 cups Strawberries (fresh or frozen, chopped)
- 2 tbsps Water
- 2 tbsps Chia Seeds

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Sugar</b>	13g
<b>Fat</b>	7g	<b>Protein</b>	7g
Saturated	0g	<b>Sodium</b>	165mg
Monounsaturated	2g	<b>Calcium</b>	529mg
<b>Carbs</b>	45g	<b>Iron</b>	2mg
Fiber	8g		





# Strawberry Banana Chia Pudding

5 ingredients · 3 hours · 2 servings



## Directions

1. Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
2. To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

### More Flavor

Add cinnamon or liquid sweetener of choice.

### Additional Toppings

Add other fresh berries or chopped fruit.

### More Protein

Top with a dollop of yogurt or LSA

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

## Ingredients

**1 cup** Plain Coconut Milk (unsweetened, from the carton)

**1/4 cup** Vanilla Protein Powder

**1/4 cup** Chia Seeds

**1/2 cup** Strawberries (chopped)

**1/2** Banana (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	240	<b>Sugar</b>	9g
<b>Fat</b>	11g	<b>Protein</b>	14g
Saturated	2g	<b>Sodium</b>	38mg
Monounsaturated	0g	<b>Calcium</b>	424mg
<b>Carbs</b>	24g	<b>Iron</b>	3mg
Fiber	8g		



# Strawberry Rhubarb Chia Parfait

5 ingredients · 4 hours · 4 servings



## Directions

1. Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
2. Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
3. To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

## Notes

### Storage

Store in the fridge up to 5 days.

### No Rhubarb

Use diced apple instead.

## Ingredients

- 2/3 cup** Chia Seeds
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Raw Honey
- 2 cups** Rhubarb (diced)
- 3 cups** Strawberries (diced)

## Nutrition

Amount per serving

<b>Calories</b>	242	<b>Sugar</b>	10g
<b>Fat</b>	13g	<b>Protein</b>	7g
Saturated	0g	<b>Sodium</b>	84mg
Monounsaturated	1g	<b>Calcium</b>	479mg
<b>Carbs</b>	30g	<b>Iron</b>	4mg
Fiber	12g		



# Salads

# Strawberry, Spinach & Freekeh Salad

8 ingredients · 40 minutes · 4 servings



## Directions

1. Cook the freekeh according to package directions and set aside to let cool slightly.
2. In a blender or food processor, add half the strawberries, balsamic vinegar, water, maple syrup, salt, and pepper and blend until smooth.
3. Slice the remaining strawberries.
4. Add the spinach, onion, and sliced strawberries to a large salad bowl. Add the cooked freekeh to the salad bowl. Drizzle the dressing on top and toss to combine. Serve and enjoy!

## Notes

### Leftovers

This is best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

### Gluten-Free

Use quinoa instead of freekeh.

### No Freekeh

Use farro, spelt or bulgar.

## Ingredients

- 1 cup Freekeh (rinsed)
- 1 cup Strawberries (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 3 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 8 cups Baby Spinach
- 1/4 cup Red Onion (thinly sliced)

## Nutrition

Amount per serving

<b>Calories</b>	191	<b>Sugar</b>	5g
<b>Fat</b>	1g	<b>Protein</b>	8g
Saturated	0g	<b>Sodium</b>	60mg
Monounsaturated	0g	<b>Calcium</b>	93mg
<b>Carbs</b>	43g	<b>Iron</b>	3mg
Fiber	8g		



# Strawberry Balsamic Salad with Maple Walnuts

8 ingredients · 15 minutes · 2 servings



## Directions

1. Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
2. Divide spinach into bowls. Top with strawberries, feta cheese and toasted walnuts.
3. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

## Notes

### More Protein

Add quinoa, edamame, chickpeas or butter beans.

### Save Time

Leave the walnuts raw and add maple syrup to the dressing.

### No Feta Cheese

Use cashew cheese instead.

### Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

## Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Feta Cheese (plant based feta crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

## Nutrition

Amount per serving

Calories	402	Sugar	11g
Fat	34g	Protein	9g
Saturated	6g	Sodium	412mg
Monounsaturated	11g	Calcium	204mg
Carbs	20g	Iron	3mg
Fiber	5g		



# Strawberry Quinoa Rocket Salad

9 ingredients · 40 minutes · 4 servings



## Directions

1. Cook the quinoa according to package directions. Let cool.
2. In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
3. Pour the dressing over the rocket/arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

## Notes

### Meal Prep

For best results, store all items separately in the fridge and assemble the salad just before serving.

### No Arugula

Use baby spinach instead.

### No Sunflower Seeds

Use pumpkin seeds, hemp seeds or chopped walnuts instead.

## Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula (Rocket)
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	202	<b>Sugar</b>	6g
<b>Fat</b>	10g	<b>Protein</b>	7g
Saturated	1g	<b>Sodium</b>	93mg
Monounsaturated	3g	<b>Calcium</b>	107mg
<b>Carbs</b>	25g	<b>Iron</b>	3mg
Fiber	4g		



# Strawberry Asparagus Salad with Tahini Dressing

9 ingredients · 20 minutes · 4 servings



## Directions

1. Trim the woody ends from the asparagus and cut the spears in half.
2. Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
3. Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
4. In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
5. Drizzle desired amount of dressing over top of the salad and serve.

## Notes

### Cheese Lover

Add crumbled feta style cheese.

### No Asparagus

Use green beans instead.

### Leftovers

Store in the fridge up to 2 days with the dressing on the side.

## Ingredients

- 2 cups Asparagus
- 4 cups Arugula (Rocket)
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

## Nutrition

Amount per serving

<b>Calories</b>	171	<b>Sugar</b>	9g
<b>Fat</b>	9g	<b>Protein</b>	7g
Saturated	1g	<b>Sodium</b>	65mg
Monounsaturated	3g	<b>Calcium</b>	141mg
<b>Carbs</b>	20g	<b>Iron</b>	4mg
Fiber	6g		



# Desserts, bakes and treats



# Strawberries & Coconut Whip

2 ingredients · 10 minutes · 2 servings



## Directions

1. Divide strawberries and coconut whipped cream into cups or small bowls. Enjoy!

## Notes

### Leftovers

Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

### No Coconut Whipped Cream

Use regular another plant based whipped cream, yogurt, coconut yogurt, or whipped aquafaba. To make your own coconut whipped cream just whip the solid cream part of a can of coconut cream (not the liquid) with 1/2 cup of sugar.

### Additional Toppings

Add coconut chips, hemp seeds, maple syrup, or dark chocolate shavings.

### Coconut Whipped Cream

Use a store-bought can or make your own.

## Ingredients

1 cup Strawberries

1 cup Coconut Whipped Cream

## Nutrition

Amount per serving

<b>Calories</b>	83	<b>Sugar</b>	8g
<b>Fat</b>	4g	<b>Protein</b>	0g
Saturated	4g	<b>Sodium</b>	1mg
Monounsaturated	0g	<b>Calcium</b>	12mg
<b>Carbs</b>	14g	<b>Iron</b>	0mg
Fiber	1g		



# Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



## Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## Notes

### More Creamy

Add 2 tbsp coconut milk.

### More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

### Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

## Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	144	<b>Sugar</b>	19g
<b>Fat</b>	1g	<b>Protein</b>	2g
Saturated	0g	<b>Sodium</b>	3mg
Monounsaturated	0g	<b>Calcium</b>	24mg
<b>Carbs</b>	37g	<b>Iron</b>	1mg
Fiber	5g		



# Strawberry & Blueberry Parfait

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Additional Toppings

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

## Ingredients

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**1/2 cup** Unsweetened Coconut Yogurt

**1/2 cup** Granola

**1/4 cup** Strawberries

**1/4 cup** Blueberries

## Nutrition

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Amount per serving

<b>Calories</b>	386	<b>Sugar</b>	18g
<b>Fat</b>	19g	<b>Protein</b>	9g
Saturated	5g	<b>Sodium</b>	41mg
Monounsaturated	7g	<b>Calcium</b>	304mg
<b>Carbs</b>	47g	<b>Iron</b>	3mg
Fiber	9g		



# Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



## Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### Likes it Sweet

Add a drizzle of maple syrup.

### Likes it Thicker

Use full fat coconut milk instead.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

**1/4 cup** Chia Seeds

**1 cup** Plain Coconut Milk (unsweetened, from the carton)

**1/4 cup** Chocolate Protein Powder

**1 cup** Strawberries (halved)

## Nutrition

Amount per serving

<b>Calories</b>	225	<b>Sugar</b>	7g
<b>Fat</b>	11g	<b>Protein</b>	14g
Saturated	2g	<b>Sodium</b>	38mg
Monounsaturated	0g	<b>Calcium</b>	428mg
<b>Carbs</b>	20g	<b>Iron</b>	3mg
Fiber	8g		



# Strawberry Chia Jam

3 ingredients · 20 minutes · 8 servings



## Directions

1. Trim the stems from the strawberries and cut in half. Place strawberries, maple syrup and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

## Notes

### Get Creative

Try different combinations like strawberry-rhubarb or strawberry-peach!

### Storage Tip

If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

## Ingredients

**2 cups** Strawberries

**1 tbsp** Maple Syrup

**2 tbsps** Chia Seeds

## Nutrition

Amount per serving

<b>Calories</b>	33	Sugar	3g
<b>Fat</b>	1g	<b>Protein</b>	1g
Saturated	0g	Sodium	1mg
Monounsaturated	0g	Calcium	25mg
<b>Carbs</b>	6g	Iron	0mg
Fiber	1g		



# Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

### Serving Size

One serving is equal to one muffin.

### More Flavor

Add cinnamon or a pinch of salt.

### No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

### No Maple Syrup

Use agave instead.

### No Rolled Oats

Use quick oats instead.

### No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.

## Ingredients

- 1 **3/4 cups** Canned Coconut Milk (full fat)
- 1/4 **cup** Maple Syrup
- 1 **1/2 tsps** Vanilla Extract
- 2 **tbsps** Ground Flax Seed
- 2 **cups** Oats (rolled)
- 1/2 **cup** Unsweetened Shredded Coconut
- 1 **tsp** Baking Powder
- 1 **cup** Strawberries (fresh, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	164	Sugar	5g
<b>Fat</b>	10g	<b>Protein</b>	3g
Saturated	8g	Sodium	52mg
Monounsaturated	0g	Calcium	41mg
<b>Carbs</b>	17g	Iron	1mg
Fiber	2g		



# Strawberry Rhubarb Crisp

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (180°C). Combine the rhubarb, strawberries, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
2. In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
3. Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
4. Remove from oven and let cool for about 5 minutes before serving. Enjoy!

## Notes

### No Ramekins

Bake in an oven-proof dish, pan or pie plate instead.

### No Rhubarb

Use blueberries, cherries, raspberries or peaches instead.

### Serve it With

Coconut whipped cream or coconut ice cream.

## Ingredients

- 1 1/2 cups Rhubarb (diced)
- 1 1/2 cups Strawberries (sliced)
- 1/4 Navel Orange (juiced)
- 1/4 cup Maple Syrup (divided)
- 2 tbsps Coconut Flour (divided)
- 1/2 cup Pecans (chopped)
- 1/3 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (melted)

## Nutrition

Amount per serving

<b>Calories</b>	298	<b>Sugar</b>	17g
<b>Fat</b>	21g	<b>Protein</b>	5g
Saturated	7g	<b>Sodium</b>	86mg
Monounsaturated	6g	<b>Calcium</b>	104mg
<b>Carbs</b>	27g	<b>Iron</b>	2mg
Fiber	6g		



# Strawberry Brownie Cake

11 ingredients · 30 minutes · 6 servings



## Directions

1. To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
2. Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
3. To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
4. Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
5. Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

## Notes

### No Strawberries

Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).

## Ingredients

- 1 cup Coconut Flour
- 1 cup Pitted Dates
- 1/4 cup Unsweetened Applesauce
- 1/2 cup Unsweetened Coconut Flakes
- 2 2/3 tbsps Cocoa Powder
- 1 Banana (ripe and mashed)
- 1 cup Cashews (soaked for 1 hour and drained)
- 2/3 cup Canned Coconut Milk
- 1/2 tsp Vanilla Extract
- 1/4 cup Maple Syrup
- 1 cup Strawberries (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	443	<b>Sugar</b>	31g
<b>Fat</b>	23g	<b>Protein</b>	8g
Saturated	13g	<b>Sodium</b>	56mg
Monounsaturated	6g	<b>Calcium</b>	43mg
<b>Carbs</b>	57g	<b>Iron</b>	5mg
Fiber	12g		





# Chocolate Strawberry Peanut Butter Rice Cake

4 ingredients · 5 minutes · 1 serving



## Directions

1. Spread peanut butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

## Notes

### Leftovers

Store all ingredients separately until ready to serve.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### Additional Toppings

Add a pinch of cinnamon or shredded coconut.

### No Strawberries

Use raspberries or blueberries instead.

### More Fiber

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

## Ingredients

- 1 **tblsp** All Natural Peanut Butter
- 1 Plain Rice Cake
- 1/4 **cup** Strawberries (fresh, chopped)
- 1 1/2 **tsps** Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	187	<b>Sugar</b>	7g
<b>Fat</b>	11g	<b>Protein</b>	5g
Saturated	4g	<b>Sodium</b>	5mg
Monounsaturated	4g	<b>Calcium</b>	15mg
<b>Carbs</b>	18g	<b>Iron</b>	1mg
Fiber	2g		



# Strawberries with Macadamia Dip

3 ingredients · 5 minutes · 6 servings



## Directions

1. Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
2. Transfer to a bowl. Serve with strawberries and enjoy!

## Notes

### Leftovers

Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

### Nut-Free

Use sunflower seed butter instead of macadamia nuts.

### Additional Toppings

Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

### More Flavor

Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

### Save Time

Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.

## Ingredients

**1 1/2 cups** Macadamia Nuts (soaked at least 30 minutes)

**2 tbsps** Coconut Oil (melted)

**2 cups** Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	296	<b>Sugar</b>	4g
<b>Fat</b>	30g	<b>Protein</b>	3g
Saturated	8g	<b>Sodium</b>	2mg
Monounsaturated	20g	<b>Calcium</b>	36mg
<b>Carbs</b>	8g	<b>Iron</b>	1mg
Fiber	4g		



# Chocolate Dipped Strawberries

3 ingredients · 30 minutes · 4 servings



## Directions

1. Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
3. Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
4. Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

## Notes

### No Shredded Coconut

Use coarse sea salt instead.

### Add a Kick

Sprinkle chocolate with a pinch of cayenne pepper before it hardens.

## Ingredients

**100 grams** Dark Chocolate (at least 70% cacao)

**4 cups** Strawberries (whole)

**2 tbsps** Unsweetened Coconut Flakes

## Nutrition

Amount per serving

<b>Calories</b>	212	Sugar	13g
<b>Fat</b>	13g	<b>Protein</b>	3g
Saturated	8g	Sodium	7mg
Monounsaturated	3g	Calcium	41mg
<b>Carbs</b>	23g	Iron	4mg
Fiber	6g		



# Strawberry Rhubarb with Banana Cashew Cream

5 ingredients · 15 minutes · 2 servings



## Directions

1. Place rhubarb and strawberries in a sauce pan over medium heat. Stir occasionally for about 10 minutes or until rhubarb starts to break down and a sauce starts to form. Turn off the heat and set aside to cool while you prepare the rest.
2. Combine cashews, water and banana in a blender. Blend very well until smooth and creamy.
3. Divide the stewed strawberry rhubarb in between small glasses or jars and spoon the cashew banana cream over top. Garnish with extra fruit or nuts. Enjoy!

## Notes

### Toppings

Sprinkle with shredded coconut, pistachios, slivered almonds or extra fruit.

### More Protein

Add protein powder or hemp seeds into the blender before blending the banana cashew cream.

### Chocolate Lover

Add cocoa powder into the blender before blending the banana cashew cream.

## Ingredients

- 1 cup Rhubarb (chopped)
- 1 cup Strawberries (sliced)
- 3/4 cup Cashews (soaked for 1 hour and drained)
- 1/2 cup Water
- 1 Banana (large, ripe)

## Nutrition

Amount per serving

<b>Calories</b>	385	<b>Sugar</b>	14g
<b>Fat</b>	24g	<b>Protein</b>	10g
Saturated	5g	<b>Sodium</b>	13mg
Monounsaturated	14g	<b>Calcium</b>	96mg
<b>Carbs</b>	39g	<b>Iron</b>	4mg
Fiber	6g		

