



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Color your summer festivities **RED!**



**Snack Hack -
Try a vegan or dairy option
of stuffed strawberries!**

A serving of strawberries (8) contains many important nutrients like Vitamin C, folate, potassium, flavonoids, and fiber. **Consuming just 8 berries will give you the daily amount recommended for Vitamin C!** Strawberries are low in sugar and may help reduce insulin resistance. Their nutrients may also protect against cognitive decline. Vitamin C plays a key role in immune function, helps absorb iron from plant foods, and is needed to form vital body parts like blood vessels, cartilage, muscle, and collagen in bones. Vitamin C is also an antioxidant that fights free radicals believed to be linked to heart disease and cancer. Add a serving of strawberries to your meals or as a refreshing summer snack.

Cashew Cream Stuffed Strawberries

Ingredients:

- 1/2 cup raw cashews
- 4 Medjool dates, pitted
- 1/4 cup water
- 1 tsp. vanilla extract
- 1/4 tsp. salt
- 1 lb. fresh strawberries
- **Optional toppings:** cocoa nibs, hemp seeds, and chia seeds

Directions:

1. Place cashews in a small bowl. Pour boiling water over the cashews, covering them completely to "flash soak" for 10 minutes. Drain the cashews.
2. In a high-powered blender, add cashews, dates, water, vanilla, and salt. Blend until smooth.
3. Use a small paring knife to core the strawberries, so the insides are hollow.
4. Add the cashew cream to a frosting piping bag, or a plastic sandwich bag with the corner cut off.
5. Pipe the cashew cream into the strawberries.
6. Sprinkle cocoa nibs, hemp seeds, and chia seeds on top of the cashew cream (optional).



Recipe and image credit:
California Strawberries
and Whitney English, RD



Stuffed Strawberries

Ingredients:

- 2 Tbsps. chopped slivered almonds
- 12 medium fresh strawberries, hulled
- 1/4 cup Neufchâtel cheese, softened
- 1 Tbsp. powdered sugar
- 1/4 tsp. orange zest

Directions:

1. In small skillet, toast almonds over medium heat for 4 minutes or until golden brown, stirring frequently; transfer to plate to cool.
2. With a 1/8-teaspoon measuring spoon, carefully scoop out center of strawberries (about 1/2-inch deep), keeping bottoms and sides of strawberries intact.
3. In medium bowl, whisk cheese, powdered sugar, and zest until combined; transfer to small zip-top plastic bag and snip off bottom corner. Fill strawberries with cheese mixture; dip tops in almonds.

