BERRIES 5 WAYS

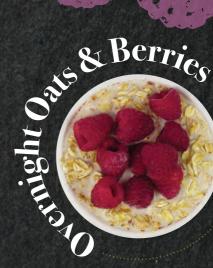
WHAT YOU'LL NEED:

+ Frozen raspberries

+ Lowfat milk

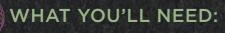
- + Uncooked rolled oats

- + Greek yogurt occoli Spring (lowfat)
- + Honey + Vanilla extract
 - + Cinnamon



WHAT YOU'LL NEED:

- + Orzo pasta
- + Broccoli
- + Strawberries
- + Sunflower seeds
- + Poppy seeds
- gar ive oil Sugar HILL Mulfins + Lemon juice



pereso

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

WHAT YOU'LL NEED:

- + Strawberries
- + Mandarin
- oranges
- + Pears
- + Orange juice
 - smooth:

+ Pineapple

chunks + Cinnamon

+ Nutmeg



WHAT YOU'LL NEED:

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

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



