

Strawberry Recipes for the Kids

Shortcake Sushi

Place chopped strawberries, ricotta cheese and baby spinach leaves in the centre of a whole-wheat tortilla. Roll tightly, slice into rounds and serve.

Fool for You

Chop 1 packet of Terra Viva Meringues or store-bought lady fingers and mix with chopped strawberries and whipped cream.

Lassi, Go!

In a blender, combine 450 grams of strawberries, 1/4 cup honey (for kids over 1), a pinch of salt, 2 cups plain low-fat Greek Yoghurt and 1 cup ice. Blend until smooth.

Cheesecake Cups

Cut the tops of 2 1/2 cups of strawberries, then use a melon baller to hollow them out. Fill berries with cream cheese and dip in Graham Cracker crumbs.

Feta Flatbread

Top a whole-wheat pita with chopped strawberries, crumbled feta cheese, chopped cooked chicken and fresh basil. Grill until cheese starts to brown.

Sweet Salsa

Combine 2 1/2 cups of blueberries, 1 cup peeled and diced jicama and 2 1/2 cups of strawberries. Serve with grilled pork or chicken.